

ENJOY THE JOURNEY

SOARING UP..LEARNERS TODAY, LEADERS TOMORROW

What Students Learned Last Month In Guidance:

January's CORE Essential
Word of the Month:
Responsibility

Kinder & 1st Grade learned about responsibility with "A Little SPOT of Responsibility".

2nd Grade got their REMOTES back and learned about the "Channel Changer" button (filter out distractions) and also learned about the "Pause" button (stop to think, relax, and create a plan). Your child made one remote for school and one for school.

Teachers and Parents are encouraged to use the Remote language.

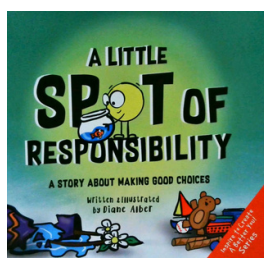
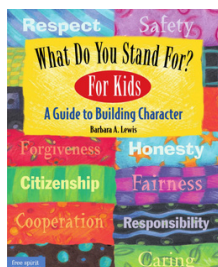
3rd Grade learned about Responsibility through the book "But It's Not My Fault" by Julia Cook. We had great discussion afterwards and also had some corresponding activities on Blaming Vs. Taking Responsibility.

4th & 5th Grade read about Responsibility in the "What Do You Stand For?" book followed by amazing classroom discussion.

2nd-5th also worked on their Sportsmanship skill building through Games!

Did you know that Games are a great way for kids to learn/build on skills like critical thinking, forethought, respect, sharing, teamwork, and even humility?

Stay tuned for something **EXCITING** planned for this quarter!!!



Important Dates This Month:

5th-9th National School Counseling Week

5th-9th Black Lives Matter at School Week of Action

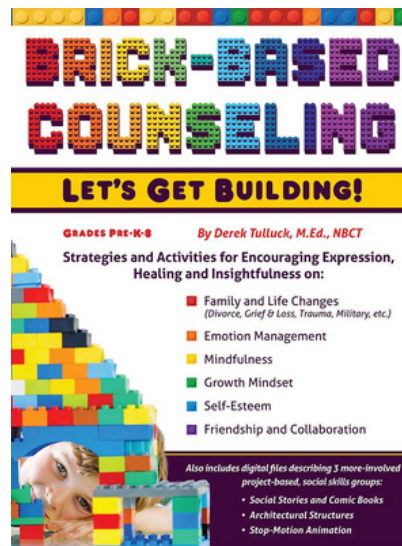
14th-20th Random Acts Of Kindness Week

17th Random Acts Of Kindness Day

Let's Talk Legos!

Did you know that Legos are an AMAZING tool to use in Play Therapy?

If you have any Lego's that might need a new home, your school counselor will gladly take them off your hands and put them to use again.

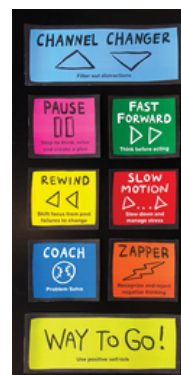


What will be going on in Guidance Class:

- A Little SPOT of Love
- Kindness
- Empathy
- Thinking Before Acting

All Guidance lessons meet the ASCA Mindsets & Behaviors Guidelines.

If you would like to know more specifics about any lessons please feel free to reach out to me.



CHECK OUT THE VLE WEBSITE FOR MORE INFORMATION

https://vles.ncmcs.org/parents/school_counseling