

## ENJOY THE JOURNEY

### SOARING UP..LEARNERS TODAY, LEADERS TOMORROW

#### What Students Learned Last Month In Guidance:

February's CORE Essential Word of the Month:

**Peace**

March was a shorter month but still just as awesome.

In Guidance class, the 2nd Grade continued working on their Emotion Regulation skills. 3rd Grade finished up their class books (I can't wait for the book signing party!) 4th and 5th Grade had fantastic discussion on Conflict Resolution which will continue to be a topic of discussion to help prepare them for Middle School.

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.



Monthly Highlight

#### IMPORTANT DATES THIS MONTH

Alcohol Awareness Month  
Arab American Heritage Month  
Autism Acceptance Month  
Child Abuse Prevention Month  
Community Service Month  
Counseling Awareness Month  
Deaf History Month  
Month of the Military Child  
National STD Awareness Month  
National Youth Sports Safety Month  
School Library Month  
Sexual Assault Awareness and Prevention Month

2 World Autism Awareness Day  
2 Sexual Assault Awareness Day of Action  
4 National Alcohol Screening Day  
7 World Health Day  
7-13 National Library Week  
10 National Youth HIV/AIDS Awareness Day  
22 Earth Day  
22-26 National Specialized Instructional Support Personnel Appreciation Week  
30 International Children's Book Day

Great articles to help support your child during testing weeks:

<https://childmind.org/article/tips-for-beating-test-anxiety/>

<https://www.usnews.com/education/k12/articles/how-to-support-a-child-with-test-anxiety>

CHECK OUT THE VLE WEBSITE FOR MORE INFORMATION

[https://vles.ncmcs.org/parents/school\\_counseling](https://vles.ncmcs.org/parents/school_counseling)

I am so happy that VLE's 1st Family Game Night was a HUGE success! We had over 65 families attend and all families that came were able to pick out a game to add to their family collection. Lot's of families have already told me how they've been playing their game and having so much fun, which means that the intent of the game night was a success! In case you missed it this year, don't worry because I plan on this being an annual thing with even more games and more time!