

January Newsletter

School Counselor Services

Tier II Interventions:
Small Groups

Your School Counselors regularly sees small groups of referred students for social/emotional topics such as friendship, self-control, grief, etc. Reach out to your School Counselors if you're interested in referring your child!

Best Year Ever!

What are some fun things you'd like to do or accomplish as a family this year? Have weekly family dinners? Go explore somewhere new? Go on regular family walks? Try a new food together? Laugh until you cry? As a family, make a list of some fun things you'd like to do this year. Keep the list somewhere everyone can see so you can check them off as you go.

January Lessons

TK-1st: The Little Spot of Emotions - Confidence
2nd-5th: Goal Setting

January Activities & Announcements

The Great Kindness Challenge: Students are provided the opportunity to participate in our Kindness Stations where they will be able to enjoy crafts and complete kind acts.

Parenting Article

Not sure how to start setting family goals? Here's an article with 5 tips and tricks to get you started. Scan the QR code to access the article.



SEL Skill Goal Setting

A new year means new goals! Now is a great time to discuss goals with your child. Your child may have already set some academic goals with his/her teacher, but social and emotional goals are great ideas, too! For example, your child could make a goal to use a coping skill when they are upset, or befriend someone new!