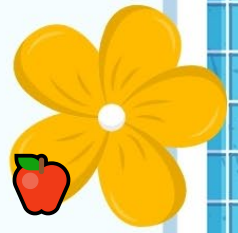




AUGUST COUNSELING & BEHAVIOR NEWS



Welcome Back Students & Families!

Welcome to a brand-new school year! We are excited to begin another year of learning, growth, friendship, and fun. As your School Counselor and Behavioral Specialist, we are here to support students as they build confidence, develop healthy friendships, manage emotions, and make positive choices. Whether your child is excited, nervous, or somewhere in between, we are here to help make this a successful year for everyone! 💙

😊 This Month We Are Learning About

Making friends, school expectations, kindness responsibility, problem-solving, and growth mindset.

★ Family Tip

Create consistent bedtime, morning, and homework routines to help children feel confident And prepared.

❤️ Feelings Check-In

What made you happy today? What was something new you learned? How did you show kindness today?

🎯 Character Trait

Responsibility: Be prepared, respectful, and ready to learn.

🌈 Kindness Challenge

Help a classmate, include someone new, use kind words, and say thank you.

😬 Back-to-School Worries

Listen, reassure, keep routines predictable, and celebrate small success.

🌻 National Wellness Month

Focus on self-care and healthy habits that support your physical, emotional, and mental well-being. Spend quality time with family and friends, take screen breaks, practice deep breathing, and build positive routines to help you thrive.

🌟 Remember: Every day is a new opportunity to learn, grow, and shine! 🌟

Wishing all our students and families a wonderful school year. If your child ever needs support, encouragement, or someone to talk to, the counseling and behavioral office is here to help!

Guidance Counselor: Evelyn Coker (Evelyn.coker@Anya-Itpak.com)

Behavioral Specialist: Moses Love (moses.love@Anya-Itpak.com)