

OCTOBER COUNSELING & BEHAVIOR NEWS

Welcome to October!

As the school year continues, students are learning more about themselves and others while building important social-emotional skills. This month, our counseling and behavior lessons focus on respect, empathy, self-control, and making safe, responsible choices. These skills help students develop positive relationships, solve problems peacefully, and become successful learners. We are proud of the kindness and growth our students continue to show each day! 

 This month we are learning about empathy, respect, self-control, problem-solving, and making responsible decisions.

Feelings Check-In

Ask your child: how did you show kindness today? Did someone help you this week? What is something that makes you feel proud? Ask your child: how did you show kindness

 Try one act of kindness each day: Invite someone to join a game, give a compliment help a classmate, include someone who may feel left out.

 October is National Bullying Prevention Month, a time to promote kindness and respect for everyone. Students are learning how to recognize bullying behaviors, stand up safely for others and seek help from trusted adults when needed. Together we can create a school where everyone feels safe, valued and respected.

Self-Care October

As the days get busier and the seasons begin to change, it's important to slow down and take care of ourselves. Self-care helps children and adults manage stress, improve mood, and build resilience.

Family Tip

Encourage empathy at home by asking your child how others might be feeling in different situations. Helping children see things from another person's perspective strengthens kindness and understanding.

Character Trait Empathy:

Understanding and caring about how others feel. Students can Practice empathy by listening carefully, using kind words, and showing compassion.

 When emotions become overwhelming, encourage your child to: Take deep breaths, count slowly to ten, use positive self-talk, take a break, or ask trusted adults for help.

 Attendance Matters! Coming to school every day and arriving on time helps students build confidence, stay connected with friends, and continue making progress in their learning.



✨ Remember, mistakes are opportunities to learn and grow. Encouraging children to be kind to themselves and others helps build resilience, confidence, and strong character. Thank you for partnering with us to support the success and well-being of every student. The counseling and behavioral office is always here to help! Have a wonderful October! ✨

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