🍂 NOVEMBER COUNSELING & BEHAVIOR NEWS 🍂

🦃 Welcome to November!

As we move into the season of gratitude, November is a wonderful time for students to reflect on kindness, appreciation, and the positive impact they can have on others. This month, our counseling and behavior lessons focus on **kindness, empathy, gratitude, friendship, inclusion, and standing up against bullying**.

At Anya Itpak, we believe every student deserves to feel safe, respected, and valued. By working together, we can build a school community where kindness grows, and everyone belongs. 💜

😊 This Month We Are Learning About
Kindness, empathy, gratitude, friendship skills, respectful communication, inclusion and bullying prevention.

❤️ Feelings Check-In
Ask your child: What is something kind you did today? How did someone show kindness to you? What are you thankful for this week? How can you help someone feel included?

🌈 Kindness Challenge
Try one act of kindness each day: Invite someone to play, help a classmate, give a compliment, write a thank you note.

🧡 Anti-Bullying Prevention Month
Although National Bullying Prevention Month is observed in October, our school is continuing important chats about kindness inclusion, and respect throughout November. Students will help create a school-wide Anti-Bullying Unity Chain by writing positive Words and promises on paper links.

🌻 Self-Care November
Simple acts like getting enough rest, enjoying time outdoors, sharing kindness, and focusing on what you're thankful for can improve your mood and overall well-being.

⭐ Family Tip
Practice gratitude as a family by sharing one thing you are thankful for each day. Helping children recognize the positive things in their lives can improve happiness, resilience, and emotional well-being.

🎯 Character Trait
Gratitude: Recognizing and appreciating the people, experiences, and opportunities that make our lives better. Students can practice saying thank you, showing appreciation, and help others.

😌 Managing Big Feelings
When emotions become overwhelming, encourage your child to: Take deep breaths, count to ten, take a calm break, talk to a trusted adult, or use positive self-talk.

🍎 Attendance Matters!
Every school day counts! Consistent Attendance helps students stay engaged, build friendships, and continue growing academically and socially.

💜🧡 Together We Stand! 💜🧡

Kindness Connects Us. Respect Unites Us. Together We Can Stop Bullying.

Thank you for partnering with us to support our students' social, emotional, and behavioral success. By encouraging kindness, gratitude, and respect, we help create a positive school community where every child feels welcome and valued. The counseling and behavioral office is always here to help! Have a wonderful November!

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