

## COUNSELOR CORNER



HELLO VOYAGER PARENTS!

### "C" the Possibilities at Columbia

This year's Theme is proving itself by what we have witnessed in our students of how they can be flexible and move forward in an ever-changing world! They have gotten used to the "new norms" at school and we are working together to improve not only their academics but working hard to grow their Social and Emotional Learning capacities. This is called SEL which is being implemented in every classroom. Here are a few of the ways Columbia is supporting your students as a Whole Child Approach:

#### Daily:

**MOVE THIS WORLD SEL Program**- We have received a grant to bring this national acclaimed program to Columbia. Check Out what your students are learning @ <https://www.movethisworld.com/social-emotional-learning-families/>

**MINDFUL SCHOOL Practices**: Columbia Partners with Davis Behavioral Health in Mindful School Practices. Most teachers have been trained and use techniques helping their students to transition and coping skills to problem solve. With partnership at home our vision is to have each student at Columbia have tools to handle difficult situations with healthy resolve. Check out what it is all about:

<https://www.dbh.utah.org/mindfulness/mindfulnessvideos/>

#### Monthly:

**7C's OF RESILIENCE Lesson with Counselor**- From the Book: *Building Resilience in Children & Teens*, We have learned to Build **Connections**, to Build **Character**, & this Month they are learning to **Contribute**-\*Home Tips that could reinforce the importance of Becoming part of the Solution and Making the World a Better Place: **1-Communicating to children that many people in the world do not have what they need 2-Stressing the importance of serving others by modeling generosity 3-Creating opportunities for each child to contribute in some specific way at home 4-Proper communication skills of listening & expressing of feelings, to have empathy for others.**

#### Yearly:

**Prevent Child Abuse of Utah** came and trained every class to become Educated, Empowered and Engaged for their own safety and emotional well-being. We at Columbia partner with you to keeping our students safe. We Encourage you to Check out more information for ongoing conversations with your student:

<https://training.pcautah.org/login/pcau/>

### Jr. HOPE Squad is now at Columbia Elementary



**What is HOPE Squad? HO=Hold On P=Persuade E=Empower**

SEL Outreach Program that emphasis inclusion, friendship and bringing Hope to our students @ Columbia Check out more information: <https://hopesquad.com/for-parents/>

**Members:** Mason Richter, Dane Solt, McKinley, Chamberlain, Crew McFarland, Jensen Ahlquist, Carter Adams, Nash Lyon, Anna Laraway, Lexie Cutler, Cam Yoachum, Wesley Tarbet, Lauren Hughs, Cohen Burt, Hydee Hansen, Owen Morris, Sarah Bennion, Mia Mangone, Miles Peterson, Aurora Willoughby, Nathan Hawkins \*Students were nominated by teacher for example of kindness & leadership qualities.

### **THIS MONTH'S ACTIVITY WILL BE A PANTRY PACK FOOD DRIVE SPONSORED BY HOPE SQUAD-**

Look for a letter coming home of class assignment to donate,  
Thanks in advance for your support!



We seek for the success of every student & to create an environment of kindness & safety here at Columbia!

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