

Counselor's Corner Mitchell Elementary



We have reached the final month of the 2021-2022 school year! What an amazing year of learning you have all achieved. I am so proud of the growth that I have seen from all of you. I hope you had as much fun as I did!

A special shout out to our 5th grade students as they finish up their time at MES and head off to Middle School. Remember to get involved in as much as you can, so you can truly make your Middle School experience your own. But most importantly, be kind to one another. Good luck everyone!!!

I wish you all a safe and fantastic summer. Remember to keep up with your reading and math facts throughout the summer to help avoid that "summer slide". Just because we are not in school does not mean that we should stop learning!

I look forward to seeing all of your smiling faces in September!

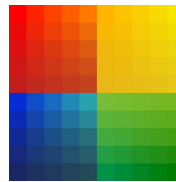
As always, please do not hesitate to reach out.

In Good Health,

Mrs. Hutchins

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The students have done a wonderful job this year growing their emotional intelligence. I encourage all families to explore the mood meter at home, help your students visualize what it means to be their best self and to take a meta-moment when faced with big emotions. These tools will help students regulate their emotions and express their needs better.

Joyful June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																							
1. Decide to look for what's good every day this month	2. Say positive things in your conversations with others	3. Re-frame a worry and try to find a helpful way to think about it	4. Take a photo of something that brings you joy and share it	5. Think of 3 things you're grateful for and write them down	6. Get out into green space and feel the joy that nature brings	7. Do something healthy which makes you feel good	8. Find joy in music: sing, play, dance, listen or share	9. Ask a friend what made them happy recently	10. Bring joy to others by doing something kind for them	11. Eat good food that makes you happy and really savour it	12. Write a gratitude letter to thank someone	13. Take a light-hearted approach. Choose to see the funny side	14. Share a happy memory with someone who means a lot to you	15. Look for something to be thankful for where you least expect it	16. Speak to others in a warm and friendly way	17. Take time to notice things that you find beautiful	18. Look for something good in a difficult situation	19. Get outside and find the joy in being active	20. Rediscover and enjoy a fun childhood activity	21. Send a positive note to a friend who needs encouragement	22. Watch something funny and enjoy how it feels to laugh	23. Create a playlist of uplifting songs to listen to	24. Bring to mind a favourite memory you feel grateful for	25. Show your appreciation to people who are helping others	26. Make time to do something playful, just for the fun of it	27. Be kind to you. Do something that brings you joy	28. Notice how positive emotions are contagious between people	29. Share a friendly smile with people you see today	30. Make a list of the joys in your life (and keep adding to it)

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Important Dates to Remember:

June 17th- Field Day (Rain Date 6/20)

June 21st- 5th Grade Moving Up Ceremony (Rain Date 6/22)

June 23rd- Last Day of School