

# Pike Middle School Counselors and Social Workers Newsletter

february newsletter: self-love

## Important Dates

Feb 9 - Parent Teacher  
Conferences

Feb 17 - Spread the Love  
@ LMS

Feb 20 - President's Day

Feb 6-Feb 10 - National  
School Counseling Week

Feb 6-Feb 10 - Black Lives  
Matter in Education Week

Feb 12-Feb 18 - Random  
Acts of Kindness Week

Feb 27-Mar 5 - National  
Eating Disorders Week

Black History Month

Teen Dating Violence

Awareness & Prevention  
Month

## What are we doing to teach this in our schools?

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Some things our schools are doing include a Valentines spirit week and Black History Month events.



## What Parents can do at Home:

Try making SMART goals with your children. SMART stands for Specific, Measurable, Attainable, Relevant, and Time-Bound. SMART goals are able to give us something to look forward to, and also be proud of ourselves for achieving them. Write your children words of encouragement on post-it notes to help boost their esteem.

[Click here  
for more  
ideas!](#)

## Resources

 Homelessness:  
Call 211

 Suicide Hotline: call  
or text 988

 [Food Pantry.  
Dates](#)

 [Food Services  
Link](#)

 [Transportation  
Services Link](#)

 [Skyward Link](#)