

Counselor's

newsletter



MARCH 2023

MONTHLY THEME

Hello Pike Families! This month, we are learning about **RESILIENCE**—the ability to bounce back after challenges and tough times. **I-statement:** “I can do hard things.”

DATES TO KNOW

March 6-10: Read Across America Week
March 7: E-learning Day
March 13: **Red Zone** Food Pantry 6:00pm-7:30pm
March 24: Flex Day-No School.
March 27-31: Spring Break – No School

BUILD RESILIENCE

Try conducting a “Resilience Interview”. Your child can interview grandparents, aunts/uncles, or other adults who worked hard toward a long-term goal. Children learn optimism from the adults in their lives so giving your child a chance to learn from positive, resilient adults is key! As your child hears stories about resilience from people they admire (including you!), they’ll want to mirror these values in their own life.

EXPLORE MORE

Library Books:

- *I Am Enough* by Grace Byers
- *After the Fall: How Humpty Dumpty got back up again* by Dan Santat
- *I Am Every Good Thing* by Derrick Barnes
- *Evelyn Del Rey Is Moving Away* by Meg Medina

CONTACT ME

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