

COUNSELING NEWS

The latest news and updates from Mrs. Trawick and Mr. Fricks



What did we do in counseling?

October lessons focused on "Making Healthy Choices" for all age groups. We talked about healthy choices we can make each day to protect our mind, body, feelings, and relationships.

Did You Know?

According to youth.gov, "early aggressive behavior, lack of parental supervision, academic problems, undiagnosed mental health problems, peer substance use, drug availability, poverty, peer rejection, and child abuse or neglect are risk factors associated with increased likelihood of youth substance use and abuse." The research also proves that risk factors that occur during early childhood further increase the risk of youth substance abuse. Educators, protective factors in the school setting are the skills of self-control, emotional awareness, communication, social problem-solving, and academic support, especially in reading (NIDA).



UPCOMING DATES:

November 10th

Progress Reports sent home

November 11th (Thursday)

Veterans Day (No School)

November 14th (Thursday)

Marcos Spirit Night

November 22nd-26th

Thanksgiving Break

No School

PATH Curriculum Guide Prevention & Awareness for Total Health Curriculum Purpose: The Prevention & Awareness for Total Health (PATH) curriculum provides a comprehensive approach to teaching students concepts related to social, emotional, and behavioral health. The curriculum is centered around four mandated prevention topics and embeds additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience. We want our students to do more than survive - we want them to thrive!

gratitude

Give
thanks
with a
GRATEFUL
heart

Gratitude
TURNS WHAT
WE HAVE INTO
enough

21 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	20 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	19 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	18 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:
17 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	16 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	15 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	14 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:
13 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	12 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	11 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	10 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:
9 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	8 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	7 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	6 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:
5 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	4 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	3 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:	2 DAYS TO THANKSGIVING TODAY I AM GRATEFUL FOR:
1 DAY TO THANKSGIVING TODAY I AM GRATEFUL FOR:	THANKSGIVING DAY! TODAY I AM ESPECIALLY GRATEFUL FOR:		

THANKSGIVING.COM

Counseling Topics for November

Kindergarten -6th grade
My Go-to People

Help your students to identify the need of having a circle of people in their lives that they can trust to be part of their support system. Their Go-To People...the people that care about them regardless of their status, home life, and circumstances. The people have proven time and time again that they are trustworthy. Students often think they must have the attention of the students around them that are seen as popular kids. However, popularity isn't necessarily a trait of a trustworthy friend.

Counselors Corner

Be sure to check out the Counselor's Corner on the school website for more information and helpful tips.



Mrs. Trawick & Mr. Fricks
Elementary Counselors

