

James Tippit Middle School

# Counselor's Corner

Middle School Years



## Gratitude November at Tippit

By Holly Barrett

*"It's not happiness that brings us gratitude. It's gratitude that brings us happiness." (Anonymous)*

People who routinely take note of what is good in their lives and make it a habit to express their gratitude, tend to be happier and have a more positive life experience. Here are several benefits of gratitude: (1) More friendships; (2) Better Physical Health; (3) Increased Mental Strength; (4) Improved Self Esteem; (5) Stronger Emotional Regulation and Well Being; and (6) Better Sleep. Because gratitude fosters positive connections between people and increases the number and quality of relationships, we have planned a variety of opportunities for students to express and experience gratitude during the month of November. Students can participate in a "Random Acts of Kindness" Bingo game and win prizes; students will be given the opportunity to write thank you cards or words of affirmation to other students, staff, family, and friends; and we plan to invite district leaders, parents, and community members to contribute words of gratitude that we intend to share with students and then give students the opportunity to write their own. We will conclude the month with the annual Tippit Turkey Trot, which is a day filled with a fun run and activities to promote positive social/emotional growth amongst our students.

## Why Emotional Regulation is Important

By Sean Moore



The issue of student mental health has gained increased national attention over the last several years. Young people increasingly struggle to regulate their own emotions, which can lead to difficulties in school and work performance and impaired social relationships. Part of this correlates with the rise of social media. One way to help is to teach students to identify and understand their own emotions. This is the first step to being able to self-regulate and control emotions and behaviors. We have started a weekly mood check-in during advisory class, which provides students the practice of identifying and being mindful of emotions he/she is feeling. The mood reporting has the added benefit of allowing the counselors an opportunity to check-in with students who are experiencing and expressing negative emotions. As parents, you can also help your child learn to self-regulate better by helping them get into the habit of identifying and talking about their emotions. After a difficult day at school you might say, "You feel tired because it was a hard day today" or "Are you feeling sad because your friend was rude to you?" You can also help by modeling appropriate emotional regulation. You might say, "I'm just frustrated because things didn't go how I planned today," or "I'm really excited because it's the weekend and we are spending time together as a family."



**"Go to Google, then type: How To Uncook A Turkey."**

## UPDATES



### FALL into Career Exploration

We will be continuing to have conversations with 8<sup>th</sup> grade students about career options, and high school endorsements & pathways. East View High School counselors will be here November 20<sup>th</sup> to explore course options. Activities will be available in their Counseling Google Classrooms.

### November / December Guidance

Guidance lessons for November and December focus on gratitude and giving. Studies show that being thankful can increase happiness for people!



### Blue & Brown Santa Information

Families living inside the Georgetown city limits who need help providing Holiday/Christmas toys, books, games and other items for their children (age 0-17) may apply for assistance from Georgetown Police Department's Blue Santa Program. More information can be found [here](#).

### Titans Helping Titans

We will begin collecting money to support some of our families that need help with gifts on November 30<sup>th</sup>. We will have a grade level competition to see who raises the most money.

## Contact Us



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