



School Counselors News

WHAT'S IN THIS MONTH'S ISSUE:

- District Wellness Plan Topic: Self-Advocacy
- Life Skills Lessons
- Parent Seminars
- Save the Dates
- Summer
- End of the year note

DISTRICT WELLNESS PLAN: SELF-ADVOCACY

Identify, understand, and communicate needs, interests, boundaries, and rights in order to achieve success.

K, 1st, 2nd- I can communicate with others to achieve my needs and ideas.

3rd, 4th, & 5th- I can identify when it is appropriate to communicate my needs, ideas, and desires independently or ask for help.

LIFE SKILLS LESSON TOPICS

In addition to **all classes** having the Peace House presentations and finishing with an end of year life skills review, each grade has the following lessons from our Second Steps curriculum this month:

- K-** We Feel Feelings in Our Bodies
- 1st-** Strong Feelings
- 2nd-** Managing Embarrassment
- 3rd-** Managing Test Anxiety
- 4th-** Calming Down Anger
- 5th-** Maturation (Nurse Led)



QUESTIONS OR CONCERNS?
REACH OUT!

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PARENT SEMINARS

If you have missed any of the Cook Center parent seminars that the district has had this year, you can watch the recordings here:

[Link](#)

Dear McPolin Family,

The students have been working hard to finish the year strong! With only a couple more weeks of testing and fun end of the year activities, there is much to look forward to. It has been a pleasure to get to be the school counselor at McPolin this year. I am grateful for all the students, families, and staff that I have gotten to know and work with. Thank you for all that you are doing to support your students and our school community. I look forward to being back together next school year!

Sincerely, Ms. Jessen



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SAVE THE DATES:

Running with Ed: Saturday May 18

Talent Show: Friday May 24, 8:30-10am

Multicultural Festival: Friday May 31, 4:30-6:30 pm

Field Day: Wednesday June 5, 12:30-2:45 pm

5th Grade Graduation/Last Day of School: Friday June 7

SUMMER

I know that many families are looking forward to summer break, and for others it can be a stressful time trying to balance work, kids, and not much structure. Wherever you lie in that, know that you are not alone. [Here](#) are a few tips that you might find helpful in making it a more enjoyable summer for all.

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