

# Back to School



## Hills Chapel School Counselor

### Counselor's Message

Welcome back to another amazing school year! This school year, let's focus on building good relationships with fellow classmates and teachers to help make for a safe learning environment.

I look forward to making your school experience an enjoyable one all year long with exciting activities that make learning fun!

With Patriot Pride, Mrs. Taylor

### This Month's Theme

## CALM & COLLECTED

*Lessons will center on getting a great start to the year with a refresher on what the school counselor does as well as healthy coping skills.*

### 5 Ways to Calm Down:

#### 1. DEEP BREATHING

Trace a figure 8 on your leg and inhale as you go up; exhale as you go down.

#### 2. ADMIT HOW YOU ARE FEELING

Use your words to say what you are feeling.

#### 3. CHALLENGE YOUR THOUGHTS

Is this the worst thing?  
Can this really happen?

#### 4. VISUALIZE YOURSELF CALM

Create a mental picture of yourself calm.

#### 5. RELAX YOUR BODY

Tense and release from top to bottom

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## I HAVE MOVED!

I am still in Room #1, but Mr. Hargett and I switched offices. Just look for my name and my door! See the sign to the right? It will let you know where I am if I am not in my office. If you need to leave a note, please place it in the clear box.



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## PERSONAL UPDATE

This is my 27th year at Hills Chapel!

I have a new grand daughter named Ellie born in April and a new grandson named Adley born in January.....aren't they the cutest??

8:00 a.m. until 2:30 p.m.

**OFFICE HOURS**

## CONTACT INFO

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