

# Counselor's Corner



## September 2024

### Ms. Verbeten & Mrs. Cain



#### COUNSELING MONTHLY FOCUS

Our first lesson this month is an introduction to the counselors and some reminders for all students as we begin a new school year.

30 Seconds or Less - We explained that if a person cannot change something in 30 seconds or less, than you shouldn't mention it to them. For example, if someone's zipper is down it is helpful to tell them so they can change it, but if there pants have a stain on them - they cannot change that in less than 30 seconds.

#### SEPTEMBER = NATIONAL SUICIDE AWARENESS MONTH

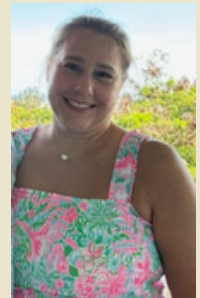
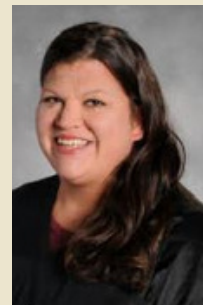
If you're struggling, it's okay to share your feelings. We are here to help if you would like to talk to one of us. You can also reach out to the County Lifeline. You can call, text or message 988.

#### LINKS

- ✦ [30 Seconds or Less Kindness Rule Video](#)
- ✦ [Back to school advice from students](#)
- ✦ [Technology and student's mental health](#)
- ✦ [988 Lifeline](#)

#### LET'S CONNECT!

Meet the school counselors:



**Ms. Verbeten**  
~At Foxview  
every day  
Monday-Friday

**Mrs. Cain**  
~At Foxview  
M/T/TH

