



Moments with Mitchell

Growing through Guidance January 2025 Edition

HAPPY NEW YEAR

Happy New Year!

The counseling department is excited to welcome you back to school and start 2025 with a fresh mindset!

It's Okay to Not Feel Well – Take Care of Yourself

Sometimes, we don't feel our best, and that's okay! Whether you're feeling tired, sad, or sick, everyone has days when they need a little extra care.

Here are some things you can do if you're not feeling well:

1. **Rest and Relax** – Take it easy and let your body rest. You don't have to do everything today.
2. **Talk to Someone** – Tell a parent, teacher, or friend how you're feeling. It helps to share!
3. **Do Something You Enjoy** – Maybe read a book, draw, or listen to your favorite music. Doing something fun can help you feel better.
4. **Ask for Help** – If you feel sick, it's okay to talk to the nurse for advice.

Remember, it's okay to not feel okay sometimes. Taking care of yourself is important!

Character Counts

Character education is a learning process that enables scholars in a school community to understand, care about and act on ethical values such as trustworthiness, respect, responsibility, fairness, caring, and citizenship. Each of the Six Pillars of Character help instill a positive school climate and a culture of kindness, making schools a safe environment for scholars to learn.

UPCOMING REMINDER/DATES:

January 7-9: School Wide Expectations (Morning Meeting)

January 13: Perfect Attendance & Pep-Rally

January 13-17: HAWKS with Character Monthly Counseling Lesson

January 23: 100th Day of School & Spirit Day

January 31: HAWK of the Month



Who loves you?