



# COUNSELING CONNECTION

## EWING PUBLIC SCHOOLS- ELEMENTARY

### FEBRUARY 2025

*Hello  
February*

## FEBRUARY IS A MONTH OF LOVE, KINDNESS AND ACCEPTANCE

February is here! The year 2025 is already soaring, and even though February is the shortest month of the year, I'm sure it will soar with some challenges to persevere through, enthusiasm at new experiences, goal setting, and successes to celebrate. Hopefully, many have started the year strong and are working towards achieving many of their goals and resolutions. Last month, we focused on fostering a growth mindset and setting goals with our children. For February, we will highlight a month about love and acceptance of those around us. Our elementary school teachers and counselors are preparing great lessons, activities and celebrations to commemorate Black History Month, , National School Counselors Week, Kindness Week, and Valentine's Day.

Our Elementary School Counselors also celebrate Love! Love for the students and families we serve, our communities, and love for our passions that drive us to do great work, together!

### Antheil Elementary

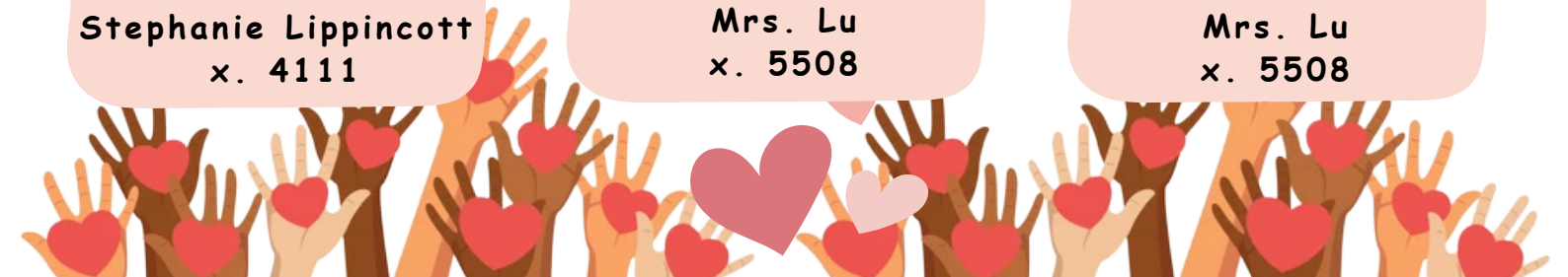
Nicole Miceli  
x. 4110  
Stephanie Lippincott  
x. 4111

### Parkway Elementary

Birgitta Donato  
x. 5110  
Mrs. Lu  
x. 5508

### Lore Elementary

Andrew Unger  
x. 6110  
Mrs. Lu  
x. 5508



# Black History Month 2025

Black History Month honors the achievements, contributions, and rich cultural heritage of African Americans throughout history. Black History Month serves as a time to reflect on the struggles, triumphs, and pivotal moments in African American history, highlighting the resilience and impact of individuals who have played significant roles in shaping the nation. It is an opportunity for education, reflection, and acknowledgment of the ongoing quest for racial equality and justice.



Scan the QR code or visit [blackhistorymonth.gov](https://blackhistorymonth.gov)

This site provides exhibits, collections, special displays, documentaries, seminars, book discussions, and so much more for the month of February!



National Gallery of Art

**LIBRARY**  
LIBRARY  
OF CONGRESS

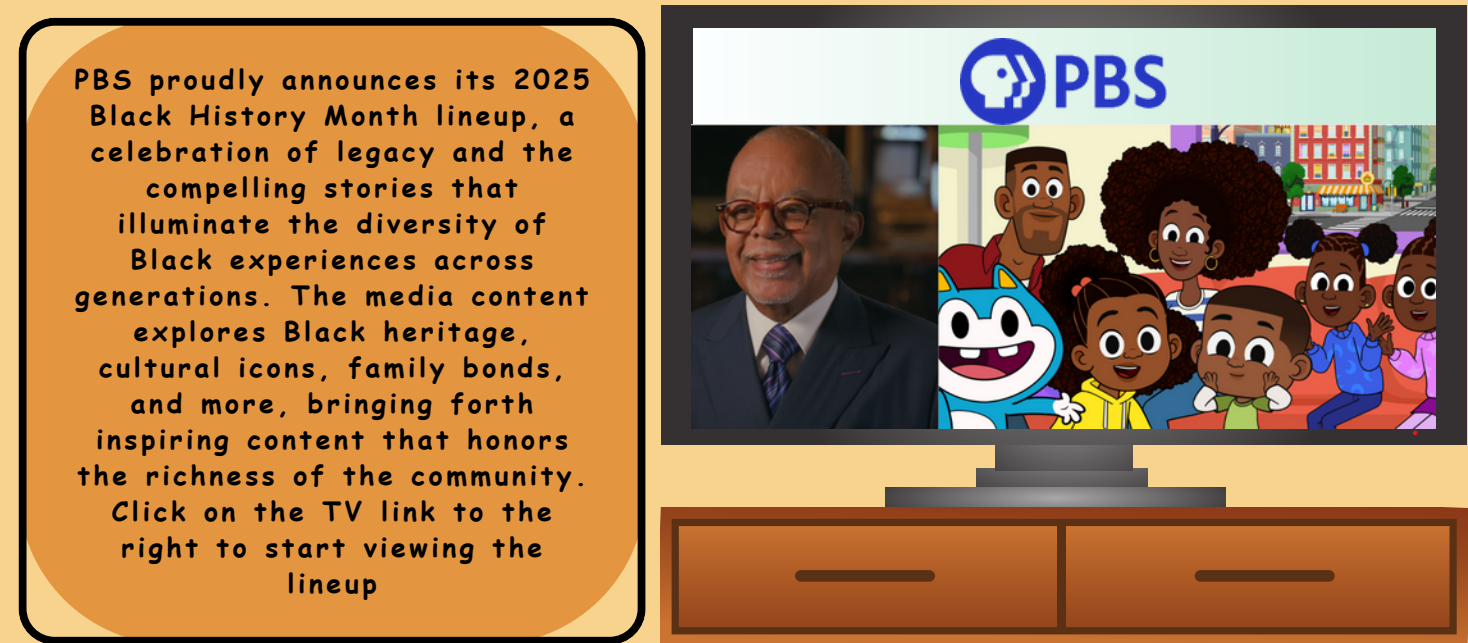


UNITED STATES  
MEMORIAL  
**HOLOCAUST  
MUSEUM**





Black History Month is a chance to continue encouraging inclusivity, kindness, peace, and unity in our classrooms. There is a chance to honor the diversity of our world every day. We study a range of individuals and civilizations through picture books, and in choosing books that depict children and families having real experiences in normal, daily situations. We particularly enjoy stories that highlight people's accomplishments and qualities, and we use books to start discussions on a range of subjects, from character and resilience to kindness and belonging. Please look through this virtual library compiled by Ewing Educators which contain kid-friendly books that celebrate Black authors and illustrators and exemplify the values of kindness, resilience, and belonging in honor of Black History Month.



# PARKWAY ELEMENTARY SCHOOL

**FEBRUARY 8TH  
IS THE PANCAKE BREAKFAST AT  
PARKWAY!**

Every year, Parkway hosts its Annual Pancake Breakfast, where families can come enjoy fresh made pancakes, enjoy the company of staff, family, and peers, bid on raffle baskets and prizes, and enjoy music and a good time. Come join this year from 8:30-11am.



**CLASSROOM HEARTS  
ON DISPLAY**



**BASKETS & PRIZES**



**TEACHER  
EXPERIENCES**



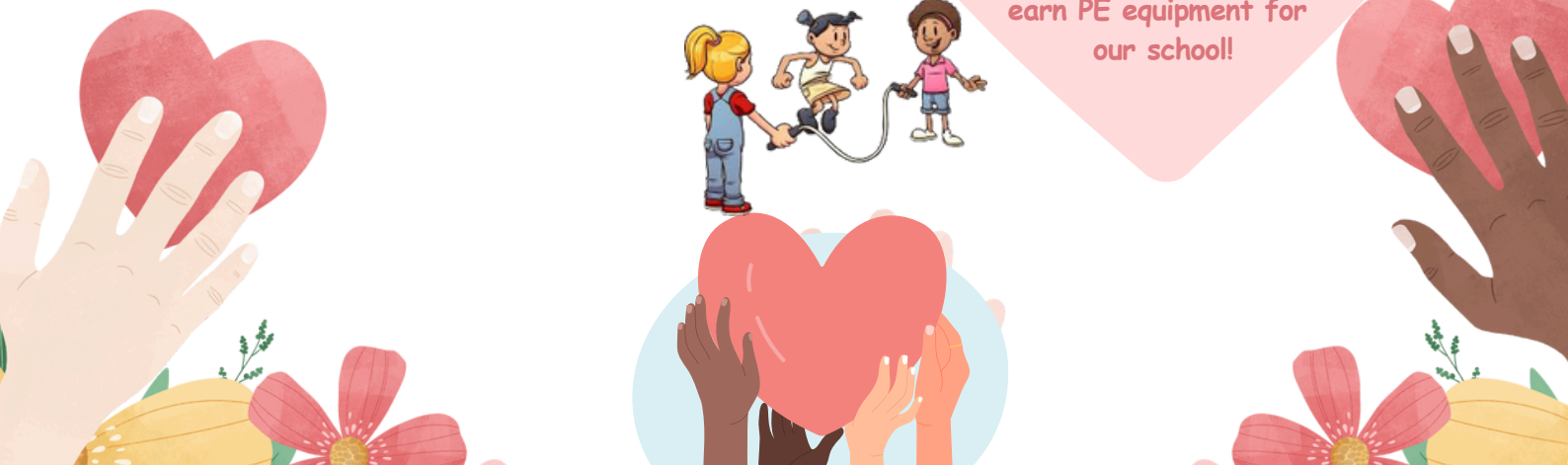
## THIS MONTH AT PARKWAY ELEMENTARY

- 2/6: REPORT CARDS GO HOME
- 2/7: PBIS PEP RALLY
- 2/8: PANCAKE BREAKFAST 8:30-11:00AM
- 2/10: STAFF IN-SERVICE (SCHOOL CLOSED FOR STUDENTS)
- 2/10-2/14: JUMP ROPE FOR HEART
- 2/10-2/14: RANDOM ACTS OF KINDNESS WEEK
- 2/17: SCHOOL CLOSED FOR PRESIDENT'S DAY
- 2/26 & 2/27: MOBILE DENTIST VISIT
- 2/27: 4TH/5TH GRADE SPANISH ASSEMBLY



## **OUR SCHOOL HAS HEART!**

This month students will be learning about heart health and raising funds to protect all hearts - especially other kids! Through fun activities students discover ways to take care of their hearts and brains while practicing kindness, gratitude and learning ways to de-stress. Plus, we have the chance to earn PE equipment for our school!





# ANTHEIL ELEMENTARY SCHOOL

## Random Acts of Kindness Week

February 9-15th marks Random Acts of Kindness (RAK) Week! How can you make someone's day with a Random Act of Kindness this month? Here are some ideas to get started:

- Invite a new friend to play at recess
- Hold the door for someone
- Thank someone who has helped you
- Give a compliment to someone

Antheil students will be bringing home information on RAK Week including additional ideas and a spirit week calendar!

For even more info, visit [randomactsofkindness.org](http://randomactsofkindness.org) or [thegreatkindnesschallenge.com](http://thegreatkindnesschallenge.com)

**make  
kindness  
the norm.**

RANDOM ACTS OF KINDNESS  
FOUNDED BY  
WWW.RANDOMACTSOFKINDNESS.ORG

### This February

FEB 7: PTO Beary Special  
Someone DAnce 6:30-  
8:30

Feb. 10: SCHOOL  
CLOSED for Students -  
Staff Development

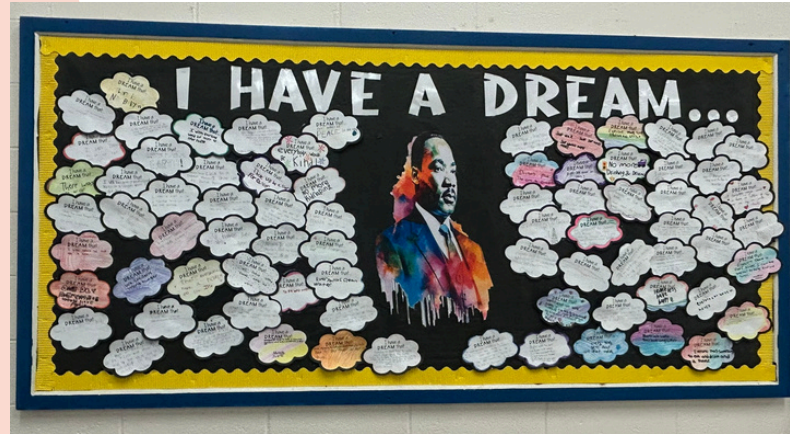
Feb 10-14: Random Acts  
of kindness week (IN  
SCHOOL)

Feb. 17: SCHOOL  
CLOSED- Presidents' Day

# LORE ELEMENTARY SCHOOL

## LORE STUDENTS OBSERVE MLK DAY

Last month, Lore fifth graders compiled their dreams for a more just world Inspired by the Rev. Dr. Martin Luther King Jr.



## THIS FEBRUARY

Feb. 10: SCHOOL

CLOSED for Students

- Staff Development

Feb 10-14: Random

Acts of kindness week  
(IN SCHOOL)

Feb. 17: SCHOOL

CLOSED- Presidents'  
Day



## FEB. 3-7 IS NATIONAL SCHOOL COUNSELING WEEK!

School counseling week focuses public attention on the unique contribution of school counselors within U.S. school systems. This year's theme is School Counseling: Helping Students Thrive.

SUPPORT  
GIVING HOPE  
A GUIDING VOICE  
HELPING TO TALK ABOUT IT  
ACCEPTANCE  
SUPPORT A HEART TO CARE  
GIVING HOPE  
SUPPORT A HEART TO CARE  
SCHOOL COUNSELOR  
AN EAR TO LISTEN  
HELPING STUDENTS AND FAMILIES  
A HEART TO CARE  
PROVIDING WISDOM  
UNDERSTANDING  
SUPPORT  
ACCEPTANCE  
A HEART TO CARE  
GIVING HOPE



# School Counselor Week

February 3rd - 7th

## HOW CAN THEY HELP MY PARENTS?

Understand Developmental Stages of Young Children (At School & In the Home)

Coordinate Teacher Conferences

Connect Parent and Child to Important Services in the School

Test Interpretation

Student Crisis Situations

Family Transitions

Assistance in Seeking Service from Community Agencies

Provide Resources Based on Individual Need

Help Walk Families Through the College Application Process

## HOW CAN MY SCHOOL COUNSELOR HELP ME?

Become a Successful Lifelong Learner

Provide a Safe Space!

Cope with Changes at Home

Make New Friends!

Develop Social Skills

Find Interests

Solve Problems

Find Positivity in Daily Life

Build Confidence

Ease Transitions

Assist in the College Application Process & Much More!



# RANDOM ACTS OF KINDNESS IDEAS

## FEBRUARY 2025

Love and Empathy



RANDOM ACTS OF KINDNESS  
FOUNDATION®

SUN	MON	TUE	WED	THU	FRI	SAT
JANUARY S M T W Th F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8	MARCH S M T W Th F S 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	28	29	30	31	1
2 Schedule time with someone you've been meaning to connect with.	3 Share the Love: Join the RAKtivists!	4 Leave anonymous kind notes in public areas for strangers to find.	5 Practice active listening and understanding by engaging in meaningful conversations with friends, family, or colleagues.	6 Dedicate a day or week to giving sincere compliments to those around you.	7 Encourage doing small, unexpected acts of love, like leaving a kind note on someone's car, sending a thoughtful text, or surprising a loved one with their favorite treat.	8 Create and distribute handmade Valentine's Day cards to residents in local nursing homes or senior centers.
9	10	11	12	13	14	15
Random Acts of Kindness Week 2025 Visit <a href="http://www.randomactsofkindness.org/rak-week">www.randomactsofkindness.org/rak-week</a> for ideas to celebrate kindness all week.						
16 Write a heartfelt note or letter to a mentor, teacher, or someone who has made a positive impact in your life, expressing gratitude and appreciation for their support and guidance.	17 Random Acts of Kindness Day 2025	18 Start a book club focused on reading books that explore themes of love, kindness, and empathy.	19 Create "Kindness Coupons" that can be redeemed for acts of kindness, like helping with chores, offering a hug, or spending quality time together.	20 Host listening circles where people can share their stories and experiences without judgment.	21 Purchase gifts or services from small businesses and share your positive experiences with other.	22 Offer to help without being asked.
23 Organize a fun game night to spend quality time with family or friends.	24 Encourage your family and friends to support a local business, showing love for your community.	25 Identify someone who might be having a tough day and ask how you can help.	26 Take time to practice self-love by doing something that makes you feel good.	27 Spend a few minutes reflecting on how you can show more empathy to those around you.	28	1

Visit our site for even more kindness ideas: <https://www.randomactsofkindness.org/kindness-ideas>

© The Random Acts of Kindness Foundation

it's  
**COOL**  
to be  
**KIND**

## Kindness Checklist



Your name →

is a Bucket Filler!

Being kind helps fill buckets!

Your challenge is to do 3 or more acts of kindness from each list below. After you finish a kind act, color the star next to it to keep track of all the good things you've done! Color your checklist and hand it in when you're finished.



### Kindness at School

- ☆ Give someone a compliment
- ☆ Give a friend a hug
- ☆ Include people when you play
- ☆ Put a nice note on someone's desk
- ☆ Help an adult with something
- ☆ Give someone a turn
- ☆ Use your manners
- ☆ Help tidy your classroom
- ☆ Make someone a thank you card
- ☆ Talk to someone who looks lonely
- ☆ Listen to someone and really pay attention
- ☆ Tell someone about another person's kindness
- ☆ Put flowers or kind notes on cars in the carpark

### Kindness at Home

- ☆ Do a job without being asked
- ☆ Put your stuff away
- ☆ Help a neighbour or friend with something
- ☆ Clean your parent's car
- ☆ Share your stuff or a treat with someone
- ☆ Make your parents breakfast or lunch
- ☆ Take out the rubbish/trash
- ☆ Make your bed and tidy your room
- ☆ Help your parents cook dinner
- ☆ Hang the laundry or take it in and fold it
- ☆ Ask before you use someone's stuff
- ☆ Run a bath for your mum/mom or dad
- ☆ Play with your brother, sister or pet

### Kindness in the Community

- ☆ Pick up rubbish/litter when you see it
- ☆ Compliment three people
- ☆ Smile at three people
- ☆ Hold a door open for someone
- ☆ Say hello to your neighbours
- ☆ Leave positive messages in public places
- ☆ Write letters to people in nursing homes
- ☆ Donate your old books to a hospital or doctor
- ☆ Take cookies to a police or fire station
- ☆ Set up a free car wash
- ☆ Say hello to an elderly person at the shops
- ☆ Leave bubbles in a park for kids to find
- ☆ Take in a neighbour's rubbish/garbage bin

### Kindness with Adults

- ☆ Donate stuff you no longer want or need
- ☆ Bake a cake for someone and take it over
- ☆ Hand out flowers or leave on windscreens
- ☆ Walk the dog with or for your parents
- ☆ Pick up rubbish/litter in a park
- ☆ Help at a community event
- ☆ Do things to help without complaining
- ☆ Write positive chalk messages in public places
- ☆ Take a meal to a homeless person
- ☆ Buy an extra ice-cream for a stranger
- ☆ Paint stones with positive messages to give away
- ☆ Take blankets or toys to an animal refuge
- ☆ Wash someone's car together

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## RANDOM ACTS OF KINDNESS VIDEOS







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## EWING PUBLIC SCHOOLS- ELEMENTARY

### FEBRUARY 2025



## PRACTICE SELF LOVE THIS FEBRUARY

During Valentine's Day, we work to show those that we love and care about just how much they mean to us...why not try doing that for ourselves too??

During each day in February, try telling yourself one new thing that you love about yourself.

Do you love your creative mind?

Do you love your artistic ability?

Do you love your selfless nature?

Be sure to recognize all that you are and how much you make a difference to those around you 

Use the heart template on the following page to print, cut out, and have your child decorate with a positive self love affirmation of what they love about themselves.



COUNSELING CONNECTION  
EWING PUBLIC SCHOOLS- ELEMENTARY  
FEBRUARY 2025

SELF-LOVE  
BEGINS WITH ME !

SELF-LOVE  
READ ALOUDS

