



# School Counselors News

## WHAT'S IN THIS MONTH'S ISSUE:

- District Wellness Plan Topic
- Life Skills Lessons
- Girls on the Run
- Cook Center
- Kindness Week

## DISTRICT WELLNESS PLAN: COMMUNICATION

To express ideas with others effectively and understand social cues in order to maintain positive relationships.

**K-2nd:** I can express information clearly through speaking and using appropriate social cues.

**3rd-5th:** I can identify what a positive relationship looks like and use social cues to interact with others.

## LIFE SKILLS LESSONS:

**K-** Identifying Anger & Same or Different?

**1st-** Similarities and Differences & Feelings Change

**2nd-** Respecting Different Perspectives & Digital Citizenship Lesson

**3rd-** Accepting Differences & Digital Citizenship Lesson

**4th-** Joining In & Digital Citizenship Lesson

**5th-** Life Skills Book: Advertising & Digital Citizenship Lesson



QUESTIONS OR CONCERNS?  
REACH OUT!

Alice Jessen  
ajessen@pcschoools.us  
Phone: (435)645-5630 ext 4270

## COOK CENTER RESOURCES

I wanted to remind you all of the great resources that parents in our district have available to them through the Cook Center. Below is the schedule for their February webinars. You can also register for free parent coaching [Here](#).

## KINDNESS WEEK

We will be celebrating Kindness Week at McPolin on February 10-14. In addition to some special kindness activities throughout the week, we will be having the following dress ups days.

## GIRLS ON THE RUN

We are excited to have Girls on the Run back at McPolin this spring! Girls on the Run is an after school program like no other. It's an opportunity for participants to make new friends, get their body moving, achieve goals at their pace, gain new skills, and have lots of fun! This program will be held on Tuesdays and Thursdays from 3:15-4:30pm. The program runs from March 24 to May 31. It is open to all girls in grades 3-5. There is financial support available as needed. Registration is now open at [www.girlsontherunutah.org](http://www.girlsontherunutah.org). Space is limited, so please don't wait to register!

## NO SCHOOL

There will be no school on February 15- February 23, 2025. Enjoy the break!

## KINDNESS WEEK

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
"DREAMING OF KINDNESS"	"TEAM UP FOR KINDNESS"	"OUR HEARTS ARE FILLED WITH KINDNESS"	"CRAZY FOR KINDNESS"	"MCPOLIN IS FULL OF KINDNESS"
(WEAR PAJAMAS)	(SPORTS DAY)	(WEAR RED, PINK, WHITE)	(CRAZY HAIR AND SOCKS)	(MCPOLIN SPIRIT WEAR)

QUESTIONS OR CONCERNS?  
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*Virtual Events!*

# MENTAL HEALTH SERIES FEBRUARY



**EDUCATE • INFORM • EMPOWER**

### WHAT YOU NEED - WHEN YOU NEED IT - HOW YOU NEED IT

Join our LIVE caregiver webinars developed by licensed therapists.

- Events are virtual, interactive, and designed to help caregivers support their child.
- Registration, attendance, and interactions are anonymous from other viewers.



To Register for ANY topic - scan or go to:

<https://parentguidance.org/mhsindex>

**Start Times: 5:00 pm / 7:00 pm MT**

MON	TUE	WED	THU
3 Your Child's Anxiety	4 Navigating Divorce When Children are Involved	5 Understanding Eating Disorders	6 Tools to Support Your Child's Mental Health - Kickoff
10 Understanding Loneliness in Children	11 How to Motivate Your Child	12 What Parents Need to Know About Suicide Prevention	13 Recognizing Child Abuse
17	18 School Avoidance	19 Talking with Your Child About Pornography	20 Social Media: Protecting Your Child
24 Emotional Regulation: Recognizing What's Wrong	25 Helping Your Child Succeed - Three Parenting Styles	26 Effects of Screen Time and Children's Mental Health	27 Establishing Healthy Boundaries

Or register at  
<https://parentguidance.org/mhsindex>  
For registration support, contact:  
[info@cookcenter.org](mailto:info@cookcenter.org)

**Ask A Therapist LIVE**  
February 19th  
6:00 PM MT

<https://cookcenter.info/ATLFeb19>