Counselor Corner

February 2025

Orr Counselors are Supporting Students by:

HAVING HEART TO HEART CHATS
Creating a welcoming environment where students can share their feelings, discuss challenges, and find support for their emotional well-being.

SPREADING KINDNESS
Challenging students to complete daily acts of kindness, completing RAKs challenge, participating in 'Linked by Kindness' campus campaign.

SETTING GOALS FROM THE HEART
Helping students set academic and personal goals to finish the semester strong, tying each goal to values like kindness, perseverance, and love for learning.

SHARING THE LOVE
Proving a list of community resources offering assistance to families in need, spreading love and compassion

Text 741741

CRISIS COUNSELOR

Call or Text 988

SUICIDE HELPLINE

Call 911

EMERGENCY LINE

Mrs. Walker
5th Grade
TiffanyWalker@misdmail.org
817.299.2607

Mrs. Hickem
6th Grade
DelvaniqueHickem@misdmail.org
817.299.2608

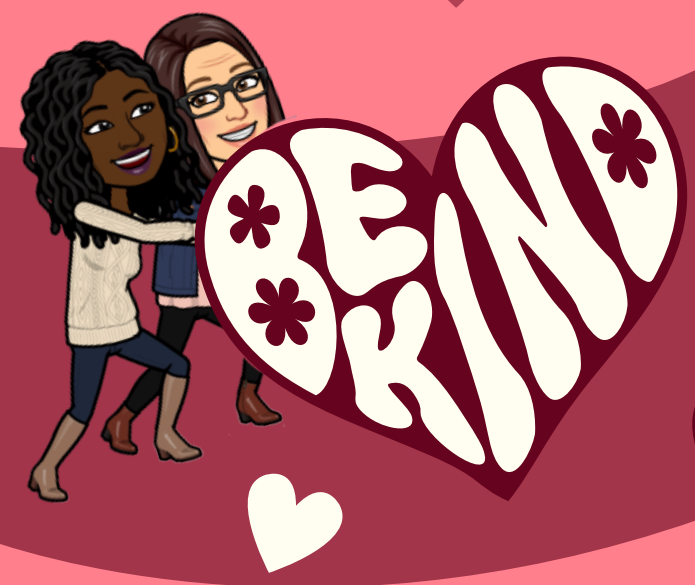




Kindness Counts

Why Choose Kindness

Kindness is a small act with a big impact, especially for 5th and 6th graders who are learning how to navigate friendships and teamwork. Being kind helps build trust, creates stronger connections, and makes our school a welcoming place for everyone. It also boosts self-esteem, both for the giver and the receiver. When we choose kindness, we create an environment where everyone can thrive!



Linked By Kindness Campaign

February 3rd-28th

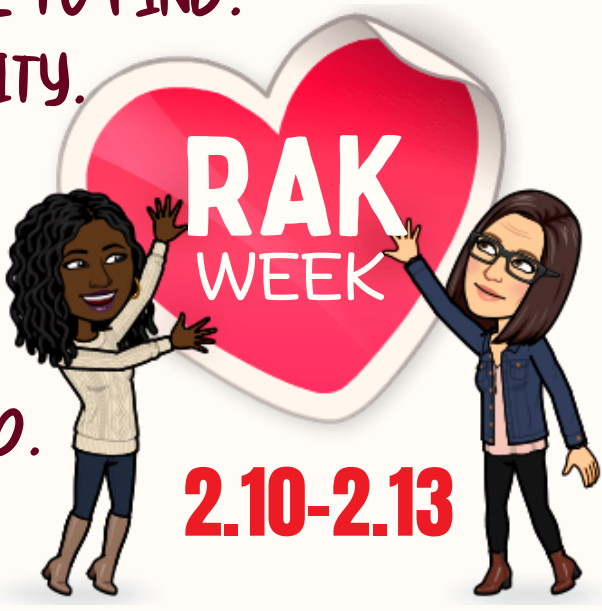
Students and Staff can recognize kind acts by writing them on paper links. Together, we'll create an endless chain of kindness to celebrate and inspire!

RANDOM ACTS OF KINDNESS WEEK

JOIN US IN CELEBRATING RANDOM ACTS OF KINDNESS WEEK! STUDENTS ARE ENCOURAGED TO SPREAD KINDNESS THROUGH THOUGHTFUL ACTIONS, UPLIFTING WORDS, AND HELPING OTHERS. TOGETHER, WE'LL CREATE A POSITIVE AND SUPPORTIVE SCHOOL COMMUNITY —ONE KIND ACT AT A TIME!

THINGS YOU CAN DO!

- WRITE A THANK-YOU NOTE TO A TEACHER OR STAFF MEMBER.
- INVITE SOMEONE TO JOIN YOUR GROUP AT LUNCH OR RECESS.
- PICK UP TRASH AROUND THE SCHOOL TO KEEP IT CLEAN.
- SAY "GOOD MORNING" OR "HELLO" TO OTHERS.
- LEAVE AN ENCOURAGING NOTE FOR SOMEONE TO FIND.
- OFFER TO HELP CLEAN UP AFTER AN ACTIVITY.
- HOLD THE DOOR OPEN FOR SOMEONE.
- COMPLIMENT A CLASSMATE OR TEACHER.
- HELP A FRIEND WITH THEIR SCHOOLWORK.
- SHARE SUPPLIES WITH A CLASSMATE IN NEED.



2.10-2.13

WE LOVE HOPE SQUAD

WHY WE LOVE HOPE SQUAD...

We love Hope Squad because it empowers students by training them to recognize signs of emotional distress in their peers and connect them with trusted adults for help. It fosters a culture of kindness, resilience, and mental health awareness in schools.







HOPE SQUAD ADVISORS

Mrs. Hickem DelvaniqueHickem@misdmail.org
Mrs. Walker TiffanyWalker@misdmail.org
Ms. Abrams MonicaAbrams@misdmail.org

Mindful Minute

YOUR MINDSET MATTERS



YOUR MINDSET IS HOW YOU SEE THE WORLD—BELIEVING IN YOURSELF HELPS YOU GROW AND LEARN! MINDFULNESS MEANS FOCUSING ON WHAT'S HAPPENING RIGHT NOW, LIKE YOUR BREATHING OR FEELINGS. TOGETHER, THEY HELP YOU STAY CALM, SOLVE PROBLEMS, AND FEEL HAPPY. PRACTICING THESE SKILLS CAN MAKE YOUR SCHOOL DAY AND FRIENDSHIPS EVEN BETTER!

MINDFULNESS TIPS FOR FAMILIES

HEART-TO-HEART CHECK-INS

SHARE ONE THING YOU LOVE ABOUT EACH FAMILY MEMBER DURING DINNER OR A QUIET MOMENT. ENCOURAGE EVERYONE TO DO THE SAME.



OMG Technology

oooh... emmm... gee

POSITIVE WAYS STUDENTS CAN USE TECHNOLOGY AT HOME

1. **Educational Apps and Games**
   Use apps like ST Math, Amplify, Epic! Books, BeanStack or Prodigy Math to make learning fun and engaging.

2. **Digital Journaling or Creativity**
   Encourage students to use apps like Day One for journaling or Canva for creative projects and presentations.

3. **Coding and STEM Activities**
   Explore beginner coding platforms like Scratch or Tynker to build problem-solving skills

4. **Mindfulness and Well-Being Apps**
   Explore beginner coding platforms like Scratch or Tynker to build problem-solving skills

TECHNOLOGY CAN BE A POWERFUL TOOL FOR LEARNING, CREATIVITY, AND CONNECTION WHEN USED WISELY. IT HELPS KIDS EXPLORE NEW IDEAS, BUILD PROBLEM-SOLVING SKILLS, AND STAY ENGAGED THROUGH EDUCATIONAL GAMES AND APPS. BY SETTING HEALTHY BOUNDARIES AND USING TECHNOLOGY WITH PURPOSE, CHILDREN CAN DEVELOP LIFELONG DIGITAL SKILLS IN A POSITIVE WAY.



XELLO *Lessons*

What is it?

Xello is an interactive, web-based program designed to help students explore their interests, career possibilities, and educational paths.

Lessons due

5th Grade
Review Reading and Math Goals

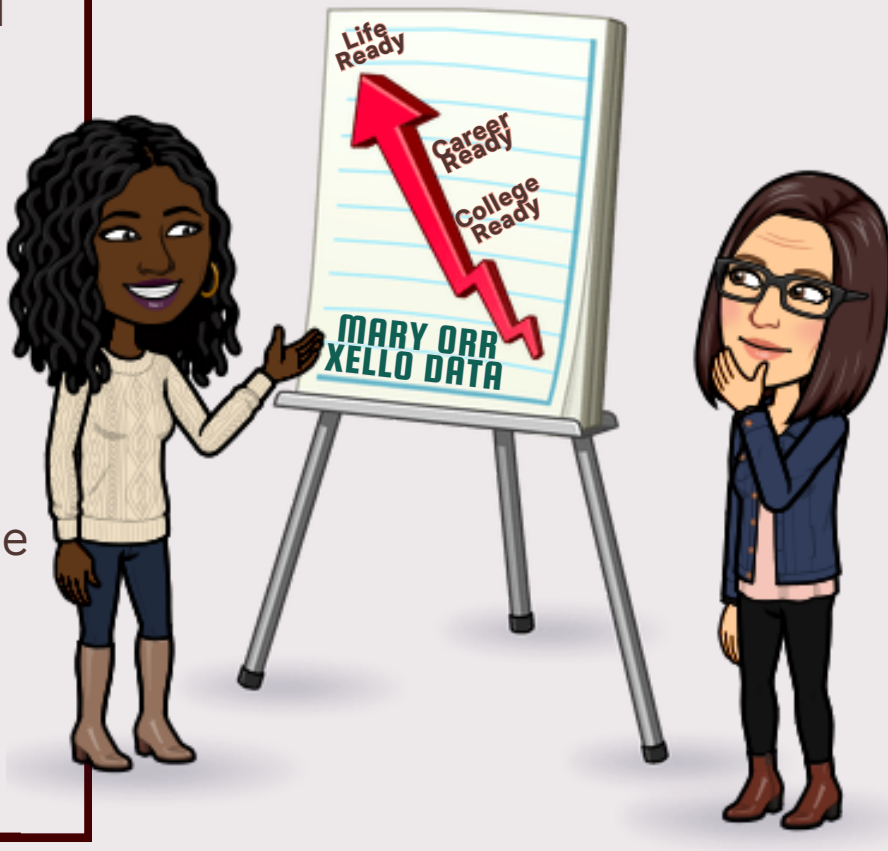
6th Grade
How to Make Decisions
Review Reading and Math Goals

Why are they important?

The specialized lessons help students discover their strengths, explore careers, set goals, and plan for high school and beyond.

Here's how it benefits them:

1. Discover Interests: Learn what they're good at and enjoy.
2. Explore Careers: Find out about different jobs, qualifications, and pay.
3. Set Goals: Plan for the future and achieve dreams.
4. Prepare for Success: Gain skills for high school, college, and beyond!



MISD
WORLD LANGUAGES Department

Spanish Placement Exam

Calling any 6th Grade student interested in taking an ADVANCED SPANISH class next school year

Register to take a Spanish skills assessment! Your score could qualify you for an ADVANCED Spanish class in Middle School!

scan to register

When::: February 3- 14
Where::: Mary Orr

Questions? Please contact Mrs. Hickem 817.299.2608

COMMUNITY Resources



These organizations are dedicated to supporting families in need within the Mansfield community.

MANSFIELD MISSION CENTER

Provides support including rent, food, utilities, clothing, prescriptions, counseling, employment assistance, and job training

777 W. Walnut Creek Dr.
817-473-6650.



HARVESTING INTERNATIONAL MINISTRY CENTER

Provides food assistance on Tuesdays and Thursdays from 9:30 am to 12:00 pm. Bring proof of residency and ID.

150 S. 6th Ave, Ste 100
817-453-3663.

ST. VINCENT DE PAUL

Offers utility assistance to Mansfield residents (76063).
Food distribution is available on Wednesdays and Saturdays from 9:00 am to 11:00 am.

310 Graves Street
817-473-4234.