



Moments with Mitchell

Growing through Guidance March 2025 Edition



Discipline Reminder:

Authority. Talk with your student about why we follow rules and laws (to stay safe and be fair). Then, take turns naming a rule or law and the result of ignoring it. For instance, if everyone ignored the “No talking in class” rule, no one would be able to hear the teacher and learn.

Coping Skill:

Coping skill is the way that you handle your anger, stress, anxiety, fear, or any other feeling!

A **good** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.

A **poor** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using poor coping skills for a long time can be harmful.

Cooperation:

- *Working Together
- *Helping Others
- *Listen without interrupting



Example: The ability to work together for the good of the group. I will carry the books and you carry the papers.

UPCOMING REMINDER/DATES:

- March 5-7: School Wide Expectations (Morning Meeting)
- March 12: Lunch & Learn Workshop
- March 19-21: Growth Mindset Monthly Counseling Lesson
- March 28: HAWK of the Month



Who loves you?