

## COUNSELOR'S CORNER

BY MRS. JEFFERIS & MRS. WOODWARD

During May we will focus on the Resiliency Characteristic of Responsible Decision-Making – thinking about all options and outcomes to make the best choice. We encourage you to join us in reinforcing the importance of Responsible Decision-Making at home by having open conversations and setting positive examples. Since May is also Mental Health Awareness Month, here are 10 ways parents can support their children to build positive mental health habits:

- 1) Encourage your child to openly talk about their feelings and thoughts
- 2) When your child is worrying, help them to effectively problem solve
- 3) Support them to connect and build positive relationships with others
- 4) Encourage them to look after their physical health (sleep, food, exercise)
- 5) Help them to stay focused on the present moment using mindfulness
- 6) Highlight the importance of looking after both physical and mental health
- 7) Be a mental health role model by demonstrating positive behaviors
- 8) Praise, encourage, motivate and regularly support your child to build their self-esteem
- 9) Work together to learn some coping skills, such as deep breathing
- 10) As your child grows, encourage and support autonomy

Mrs. Jefferis (PreK, 1st, 3rd, 5th grade)

Mrs. Woodward (K, 2nd, 4th grade)

[rmjeffer@volusia.k12.fl.us](mailto:rmjeffer@volusia.k12.fl.us)

386) 322-6101 x39413

[mwoodwa@volusia.k12.fl.us](mailto:mwoodwa@volusia.k12.fl.us)

(386) 322-6101 x39415



May 1st is National School Principals Day- join us in celebrating Mrs. Kania, Principal, for her leadership in supporting our otter family!

May 2nd is School Lunch Hero Day- we celebrate our School Way Cafe team for ensuring our students enjoy a healthy breakfast and lunch each day!

May 5th-May 9th is Teacher/Staff Appreciation Week- join us in honoring our amazing team throughout the week!

May 7th is National School Nurse Day- we will be celebrating Nurse Feaser for supporting our staff and students!

May 11th is Mother's Day- we celebrate all our Otter Moms!

May 18th is National School Pathologist Day- we thank Ms. Simpson and Ms. Kennedy!

May 27th is School Guardian Appreciation Day- join us celebrating Mr. Sean for ensuring the safety of our otter family!

## SAFETY REMINDERS

BY MRS. HEMINGS & MRS. DEBEES

At our school, safety is always a priority, and we are committed to ensuring that every student and staff member feels safe, supported, and respected.

Our school-wide S.W.I.M. expectations guide us in creating a positive, secure learning environment. Students are encouraged to follow these core principles every day:

**Safety First:** Always act in a way that keeps yourself and others safe.

**Work Hard:** Stay focused on your learning and give your best effort.

**Interact Kindly:** Treat everyone with respect and kindness, building a supportive community.

**Make Good Choices:** Take responsibility for your actions and choose wisely in every situation.

As part of our ongoing efforts to promote safety, we also want to remind everyone of important procedures for drop-off times:

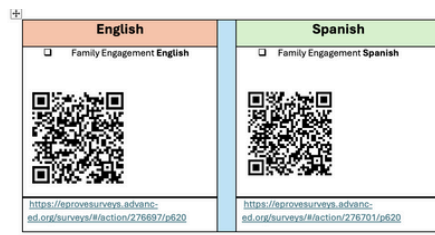
Only use the designated drop-off lane. This helps keep traffic flowing and ensures students are safely dropped off.

Cell phone use is prohibited while in the drop-off loop to keep drivers focused and alert.

We also want to emphasize that threats—whether verbal, written, or digital—are taken seriously. There is zero tolerance for any behavior that jeopardizes the safety of our school community. Any concerns should be reported to a trusted adult immediately.

## SPRING CLIMATE SURVEY- WE NEED YOUR FEEDBACK!

The annual School Climate Survey is available for parents and guardians to complete through May 23rd at 5:00 PM. Please take time to provide your feedback using link below:



HAVE A SAFE  
=SUMMER=

