



Counselor's Corner

NEWSLETTER

"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND."
— UNKNOWN

Positive Relationships

Friends and positive connections make school more fun and meaningful. But healthy relationships don't just happen — they're built on kindness, respect, and good communication. Listening, apologizing when needed, and supporting each other make friendships last.

Did you know?!

Research shows that giving compliments can actually make you happier, too! When you lift others up, your brain releases chemicals that improve your mood and strengthen your relationships.

Tip of the week!

Use "I statements" when working through conflict, like "I feel frustrated when..." instead of blaming others. This helps conversations stay respectful and productive.

Challenge!

Say something kind to three different people this week — classmates, teachers, or staff.

We are here to help!

Book an Appointment: Mrs. Mueller

Email: nmueller@wwps.org

Book an Appointment: Mr. Pitzer

Email: spitzer@wwps.org

