# Counselor's Corner

# NEWSLETTER

"WE RISE BY LIFTING OTHERS." — ROBERT INGERSOLL

## Stronger Together

Our school is at its best when everyone feels valued, included, and supported. This week is all about working together to make Garrison a positive and welcoming place. Every small action — holding a door, saying "hi," or helping a classmate — builds the kind of school where people feel safe, connected, and proud to be Troopers.

## Did you know?!

Studies show that when schools focus on inclusion and kindness, students report less stress, stronger friendships, and higher motivation. Being part of a caring community doesn't just feel good — it actually helps you do better in school, too!

## Tip of the week!

Lead with Kindness

You never know what someone else might be going through, so choose words and actions that lift people up instead of bringing them down. A little kindness can go a long way.

## Challenge!

Give a shout-out to someone who has been kind, helpful, or supportive this month — a friend, a classmate, a teacher, or even yourself! Share it in person or write it on a sticky note for them.

## We are here to help!

Book an Appointment: Mrs. Mueller
Email: nmueller@wwps.org

Book an Appointment: Mr. Pitzer
Email: spitzer@wwps.org