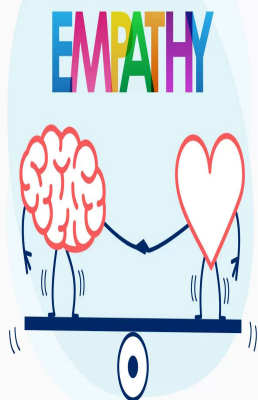


October
2025



Empathy In Action

October is Bullying Prevention Month, which makes it the perfect time to focus on empathy. When children can see the world through someone else's eyes, they are more likely to treat others with kindness and respect. Parents can encourage empathy by asking, "How would you feel if that happened to you?" when talking through everyday situations. Reading books or watching movies together also creates great opportunities to discuss how characters might be feeling. Practicing empathy at home helps children carry kindness into school and friendships.

Minnie Hughes Elementary School

Counselor
Newsletter

In the Counseling Office

This month we will focus our guidance lessons on:

- Bullying Awareness and Prevention (K-5)
- Empathy (K-5)
- Study/Organization Skills (3-5)

Empathy is understanding how others feel.

~anonymous

Upcoming Events

- | | |
|-------|-------------------------------------|
| 10/8 | Mix-It-Up Day |
| 10/15 | Awards Day |
| 10/22 | Unity Day
(Students wear Orange) |

Your Counselor: Mr. Brooks

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