



NEWSLETTER

DR. ANN GARBUTT, SCHOOL COUNSELOR

McArthur Elementary School

APRIL/MAY 2026

As your School Counselor, I am here to address the needs of students and act as an advocate for their academic, social, and emotional success.

Resources

211 Northwest Florida:

211 Northwest Florida is an information and referral service that provides one-stop connections to community resources and services when you need them most. 211 maintains up-to-date information on emergency food and shelter resources; services for families and seniors; connections to healthcare, childcare, and disability services; counseling and mental health services; and so much more.

Reminder

-Why Attendance Matters So Much-

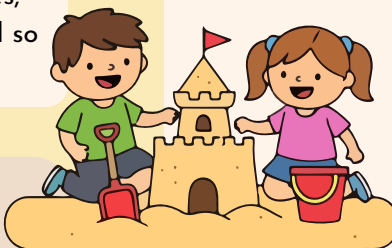
Learning Loss: Every day counts! When students are absent, they miss the direct instruction, group discussions, and interactive activities that solidify learning. Catching up from a textbook alone is often much harder than being present for the lesson.

Social and Emotional Impact: Missing out on school also means missing out on friend interactions, classroom community building, and fun events. This can lead to feelings of isolation and make them feel less connected to their peers and teachers.

Increased Stress and Anxiety: Falling behind creates a cycle of stress. Students worry about the pile of missed work, which can then make them more reluctant to return to school, sometimes leading to school avoidance.

Ask your student about their day and listen to what they have to say.

Children need to feel heard.



School Highlights

Every week students are recognized for their character as **EAGLE of the Week.**

April and May character traits are:

Kind

Polite

Courteous

Organized

Selfless

Joyful

Dedicated

YOUR BRAIN ON NATURE

According to the National Park Service:

- Just **five minutes walking outside can improve your mood and make you feel more confident!** People who go outside often feel less worried and sad. Moving around in nature can also help you feel less stressed
- Going outside for just **20 minutes can help you focus better! Kids who spend time in nature often don't need as much medicine for ADHD.** Plus, taking walks outside helps your memory work better - which means you might do better on your next test!

READ MORE:

[HTTPS://WWW.NPS.GOV/ARTICLES/YOURBRAINONNATURE.HTM](https://www.nps.gov/articles/yourbrainonnature.htm)



KIDS Summer

Fun Ideas and Activities

- [Escambia County Summer Programs.com](#)
- [Florida State Park Jr Programs.com](#)
- [Greater Pensacola Parents.com](#)
- [Greater Pensacola Parents Camp Guide.com](#)
- [Pensacola Art Museum.com](#)
- [Pensacola Outdoors](#)
- [Pensacola-Summer-Camp.com](#)
- [Sports Center at PCC.com](#)
- [UWF Youth Programs.com](#)
- [UWF Explore Camps.com](#)
- [YMCA Summer.com](#)
- [Very Special Camps for Special Needs.com](#)



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