

COUNSELOR'S CORNER

BY MRS. JEFFERIS

During May we will focus on the Resiliency Characteristic of Responsible Decision-Making – thinking about all options and outcomes to make the best choice. In Kindergarten through 2nd grade, children are learning to the difference between good and poor choices and are learning to think for his or her self. In 3rd through 5th grade, children are learning to recognize the importance of building friendships, how to navigate peer pressure, and are gaining more responsibilities at home and school. We encourage you to join us in reinforcing the importance of Responsible Decision-Making at home by having open conversations and setting positive examples. May is also Mental Health Awareness Month, a meaningful time for families to focus on emotional well-being.

Here are five ways parents can support their children in building positive mental health habits:

- 1) Create open lines of communication by encouraging honest conversations about feelings without judgment.
- 2) Model healthy coping strategies such as mindfulness, problem-solving, and asking for help when needed.
- 3) Establish consistent routines for sleep, meals, and physical activity, which provide stability and reduce stress.
- 4) Teach emotional regulation skills by helping children name their feelings and practice calming techniques.
- 5) Prioritize quality time together to strengthen connection and foster a sense of belonging, all of which lay the foundation for lifelong mental wellness.



Attendance Reminder

Please report all student absences by calling 386-322-6101 and selecting option #2 for attendance. Even if you have already spoken with your child's teacher, calling the attendance line ensures the absence is properly recorded in FOCUS.

- Up to 15 days of absence can be excused with a parent communication (e.g., illness, appointments).
- More than 15 days require a doctor's note to be excused.

Attendance matters from the first day to the last so let's end the school year strong! Thank you for your cooperation!

Parent Climate Survey

Please complete the annual School Climate Survey. Your feedback is important to us!



Happy Teacher and Staff Appreciation Week!

OUR TEACHERS & STAFF ARE

WICKED OZ-SOME!

MAY 4-8

MAGICAL MONDAY

ELPHABA'S WISDOM

Write a magical message telling your teacher why they're amazing!

TIARA TUESDAY

GLINDA'S GOODNESS

Draw your teacher as a wicked character. Don't forget the tiara!

WHIMSICAL WEDNESDAY

DEFY GRAVITY

"Lift" your teacher up with a kind note or compliment.

THOUGHTFUL THURSDAY

POPULAR

Bring or draw a flower for your teacher that makes them feel special!

FANTASTIC FRIDAY

EMERALD CITY CELEBRATION

Wear green or your CCE spirit shirt!

CCE PTA is excited to celebrate Teacher & Staff Appreciation Week! Join in the fun and show appreciation for our OZ-SOME teachers & staff!



- May 1st- School Lunch Hero Day
- Principal Appreciation Day
- May 4th-8th Teacher & Staff Appreciation Week
- Substitute Appreciation Week
- May 6th- School Nurse Day
- May 18th- Speech Pathologist Day
- May 26th- School Guardian Day