

School Counseling

Newsletter

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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)

Staying Connected

Strong communication between parents and teachers is crucial for student success. Our collaborative efforts can create a supportive environment that encourages children to thrive.

Parents, you know your child best and can share important details about their strengths and challenges.

As educators, we bring our expertise in the classroom, offering parents updates on progress and behavior.

By staying connected, everyone stays on the same page, ensuring your child feels supported both at home and at school.

School Highlights

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

August and September character traits are:

Mindful
Attentive
Respect
Compassion
Determination
Encouraging
Fair



September is Attendance Awareness Month!



Together, let's create a year filled with joy, discovery, and success! Ask your child's teacher how you can be involved to help ensure success!

