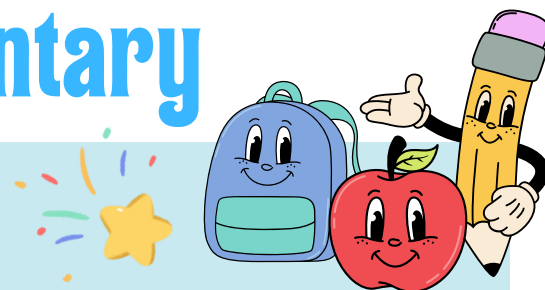


Counselor Newsletter

Lower Pottsgrove Elementary

September 2026
Volume 2 | Issue 1



Meet the Counselors



Mrs. Rebecca Cortez

Favorite Coping strategy: Fidgets & square breathing

Favorite weekend activity: taking walks with my husband & dog, and being creative

Favorite Color: Lavender

Favorite Candy: Milky Way

Teams: Confidence (3rd), Responsibility (4th), Honesy (5th)



Mrs. Susan Shannon

Favorite Coping strategy: Looking at water, taking deep breaths

Favorite weekend activity: Watching my kids sports activities or spending time at the water

Favorite Color: Burgundy

Favorite Candy: Snickers

Teams: Courage (3rd), Respect (4th), Integrity (5th)

Upcoming Events

August 24th: Self-guided tours 2-4 pm and 5-7 pm

August 27th: First day of school ★

September 2nd: Parks and Rec: Favorite vacation spot/logo

September 4th: Falcon Friday

September 9th: Favorite Color Day

September 16th: Superhero: dress as your favorite superhero

September 23rd: Wear Tie dye

September 30th: Animal Print

Character Trait of the Month

This month at LPES, we are spotlighting **Resilience!** As students adjust to the routines of the new school year, we are encouraging them to power through challenges and stay consistent—reminding them that hard work truly pays off. Alongside this encouragement, we'll be teaching practical skills to help them bounce back whenever things get tough.

How You Can Support Resilience at Home:

*Praise the Process, Not Just the Result: Focus your encouragement on your child's effort and strategy rather than just their grade or final output

*Normalize Mistakes: Share examples of times you faced a challenge or made a mistake and how you worked through it.

*Encourage Problem-Solving: When your child encounters a setback, resist the urge to immediately fix it. Instead, ask: "What is one thing you can try next?" or "Who or what can help you with this?"

Last Month Recap

*We kicked off the school year at LPES by focusing on Respect—a core element of our Falcon Four. Throughout the past month, our students practiced what it means to show respect for themselves, each other, and the world around them.



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