



November



WHAT IS MRS. FITCH UP TO NOW?



Gratitude & Connection

Dear Families,

Welcome to a wonderful new month! I am so excited for the days ahead as we dive into school-wide lessons focused on **gratitude**. Cultivating a grateful mindset helps our students build resilience, increase positive emotions, and strengthen their relationships with peers.

Bringing Gratitude Home

You can support our monthly focus at home with a few simple routines:

- **The High & Low:** Ask your child to share one good thing (high) and one challenge (low) from their day around the dinner table.
- **Thank-You Notes:** Encourage your child to write a quick note or draw a picture for someone who helped them this week.
- **Gratitude Jar:** Keep a jar in the kitchen where family members can drop small notes about what they are thankful for.

Family Resources

Book: "The Invisible String" by Patrice Karst

Book: "Have You Filled a Bucket Today?" by Carol McCloud

Podcast: "Good Inside" with Dr. Becky Kennedy

Tip: Ask your child "What made you smile today?"

Tip: Practice 3 deep breaths together at bedtime.

Tip: Name feelings out loud — it helps kids regulate!



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MINDUP AND THE MAGNIFICENT BRAIN

🧠 ✨ From late September through the end of October, our students have been diving into exciting MindUP strategies with the help of the "Ninja Magnificent Brain"! They have been learning practical tools to understand their emotions, focus their minds, and build resilience.

We invite you to partner with us in this journey—feel free to watch the videos below to see what your child has been practicing and to try some of these mindful strategies together at others at home!

Week of:

9/28 Focused Awareness

<https://photos.app.goo.gl/dzgHq7UAFpYMzWQ6A>

10/5: Mindful Listening

<https://photos.app.goo.gl/ofN8cq7D7uvrt67VA>

10/13: Mindful Seeing

https://drive.google.com/file/d/1CqewQmVUivmK69HV_7qWJV9lOf8VBHIF/view?usp=sharing

10/19: Mindful Smelling

<https://photos.app.goo.gl/dpJPfp9VEGFVpbdRA>

10/26: Mindful Tasting

<https://photos.app.goo.gl/5eSF6jsvkrreyaXk9>





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COUNSELING UPDATES

Kindergarten through 5th-grade students discovered the power of Unity Day this month. By learning the definition of an upstander, they gained the tools to build a more inclusive school environment where every student feels a sense of belonging.

 Introducing "Lunch Bunch" Social Skills Groups and Sunny Side Up
This month, I am officially launching our Lunch Bunch Groups! These small, informal groups meet during regular lunchtime to help students practice essential social dynamics in a relaxed, supportive environment. If you are interested in your child participating in lunch bunch, please complete the links below.

<https://docs.google.com/forms/d/e/1FAIpQLScgrxT3eEsvMr0Iyiwffg8637DCeZswjU-dlMMn4qBxQj-S1w/viewform?usp=sharing&ouid=100272765987559406094>

Social Skills Focus:

- Active listening and conversation skills
- Sharing and taking turns during group interactions
- Empathy and understanding others' perspectives
- Problem-solving and conflict resolution

<https://docs.google.com/forms/d/e/1FAIpQLSfwfp74WlGALKoDfcVF9cpR2HS1gopRl6QpkKOTPTXEIllN5Q/viewform?usp=publish-editor>

Sunny Side Up Focus:

- Topic 1: The Elastic Brain (Growth vs. Fixed Mindset)
- Topic 2: The Power of "Yet" (Reframing Self-Talk)
- Topic 3: Making Friends with Mistakes (Resilience & Mistakes)
- Topic 4: Catching the Good (Gratitude & Optimism)





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PERSONAL NOTE

Please remember that my door is always open. Whether your child needs a little extra support or you have questions about our counseling programs, my door is always open. Wishing a November filled with love and gratitude. 🍊❤️

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