



Counselor's Corner Newsletter October 2024

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October 13th is NATIONAL TRAIN YOUR BRAIN DAY!

Train Your Brain Day challenges us to some puzzling games and riddles!
Whether you play solo or go up against teams, the day improves our thinking power!

Use #TRAINYOURBRAINDAY on Social Media [check out this video of some fun brain teasing riddles!](#)



What's happening in the classrooms?

LAST MONTH

5-8 Students Learned about the PBIS system and how to demonstrate the W.A.R.R.E.N acronym! Students participated in Start with HELLO week activities!
5th grade students started Lessons in the *NEW* 2nd Step program on! [Ask your Student](#) about a time they had a Growth Mindset?
6-8 students worked on community building learned about the PBIS system and started lessons in the 2nd Step program centered on Mindsets & Goals
[Ask your Student](#) about their goals for this school year?

THIS MONTH....

5th Grade students will continue working on Growth Mindset and Goal Setting utilizing the Second Step Program!
6th Grade Students will be introduced to the NAVIANCE program for career exploration and college/career readiness skills!
6-8 Students will continue working on Mindsets & Goals utilizing the Second Step Program!

THROUGHOUT THE SCHOOL YEAR....


6-8 students can monitor their grades through ProgressBook, and so can you! If you need help accessing your accounts contact me!
[Ask your student to LOG-ON at home to show you're their progress!!!](#) [Link to ProgressBook](#)
7th & 8th Grade students will receive lessons on Healthy Relationships, Healthy Choices, Dating Violence Prevention, and Human Trafficking.



Accomplish BIG Things With a

GROWTH MINDSET!

Success Begins With Believing You Can



Instead of Thinking...	Think This...
I can't do it.	I'm still learning. I'll keep trying!
I'm not good at this.	What can I learn to get better at this?
It's good enough.	Is this the best I can do?
It's too hard.	With more practice it will get easier!
I'm afraid of making a mistake.	Mistakes are how I learn & get better!
They are better at it than I am.	What can I learn from them?
I don't know how.	I can learn how!
I can't make this any better.	I can always find ways to improve!
I don't like challenges.	Challenges make me better!
I give up.	I'll try a different way!

[CLICK HERE to learn more about GROWTH MINDSET](#)

Helpful Counselor Links

Click the link to get informed in a wink



Study Skills Crash Course

YouTube channel with different academic hacks and tips

Train your brain with LeBron James

This link an opportunity to practice mindfulness with basketball superstar LeBron James

Well Family

This link offers a host of tips and tools for families!

[Check out articles on parenting in the age of Technology!](#)

Let's Talk Career Options!

This link helps families explore career options for students!

HELP Network of Northeast Ohio

This link provides resources for a variety of emergency and non-emergency services within our community.

RED RIBBON WEEK



MON: October 21-Movie Monday!

Dress like your favorite Movie Character!

TUES: October 22-Anamation Day!

Wear a shirt with your favorited animated character!

WED: October 23- Red Carpet Ready!

Dress in RED or fancy red carpet outfit!

THURS: October 24- Ready Set Action!

Dress in your favorite Active wear or as you favorite Super Hero!

FRI: October 25-Friday Night Lights!

Wear our school Colors & Show our community we can be drug free!

Talking to our children about drugs:

Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given. This is also a time when your child is likely to pay attention to your behavior and guidance.

Take advantage of "teachable moments" now. If you see a character in a movie or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. Kids may ask questions about drugs, don't be afraid to talk to them about the dangers associated with drug use.

Make talking and having conversations with your kids a regular part of your day. Finding time to do things you enjoy together as a family helps everyone stay connected and maintain open communication.

[CLICK HERE for more information on talking to your kids about drugs](#)

LETS TALK



“Every small positive change we make in ourselves repays us in confidence in the future.”

Alice Walker



[CLICK HERE to learn more about RED RIBBION WEEK](#)