

# COUNSELOR'S



# CORNER



## January



### A Peek at the Month



#### Growth Mindset

- <https://www.youtube.com/watch?v=rf8FX2sl3gU>
- We will learn how our brain works.
- Growth mindset vs. Fixed mindset
- <https://www.youtube.com/watch?v=aNHas97iE78>

#### Social skills

- Perspective Talking
- <https://www.youtube.com/watch?v=tqz7UcCgbLA>

### MARK YOUR CALENDAR



- January 5<sup>th</sup>-8<sup>th</sup> Distance Learning!
- January 11<sup>th</sup>- Students return to the building
- January 18<sup>th</sup>- NO SCHOOL (MLK Day)

### A note from your counselor



I hope you all had a restful and wonderful Christmas Break. Thank you all for the wonderful donations for the Angel Tree. I was overwhelmed with the generosity of our parents and staff. With your help we made sure 27 kiddos had an amazing Christmas. I am honored to be a part of SFE!



We will be focusing on **Growth Mindset** throughout the remainder of the school year. Students with a **growth mindset** are better able to engage in behaviors that will **grow** their **social skills**; such as expected behaviors, problem solving, and perspective taking. It also helps them to persevere through making mistakes and facing challenging or uncomfortable situations.

### Student of the week



- Kinder: HOLLY GIVHAN, OLLIE NEWTON
- 1<sup>st</sup>: NOAH ROBERTS, VIVIAN MARTIN
- 2<sup>nd</sup>: DJ BANKS, MARION MILAR
- 3<sup>rd</sup>: MYLES LOPEZ
- 4<sup>th</sup>: MARY SYKORA
- 5<sup>th</sup>: SANDA TAGELDAN, ALIZA JANE LEHNER



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