

COUNSELOR'S



CORNER

September



A Peek at the Month



Positive Self-talk

- <https://youtu.be/l-gQLqv9f4o>
- You can do this!!!
- We got this!!

Growth Mindset

- <https://youtu.be/2zrtHt3bBmQ>
- The Power of Yet
- Problem Solving

Social skills

- Working together
- Asking for help

Mark your calendar



September 7th- Labor Day! No School!

A note from your counselor



It has been a great start to the school year. I am enjoying getting to know all the students and wonderful parents. It is going to be a great year. If you have not completed the parent survey, here is the link.

<https://tinyurl.com/y3rokzz2>

Coping Strategies

As we continue to move through these uncertain times, many of us are looking for ways to help one another. Here are strategies for parents and students.



1. **Be Available to Talk-** Kids have big questions, and it's okay to answer them. Take cues from your kids and offer clear but concise answers in developmentally appropriate language.
2. **Limit News Exposure-** Even when it seems like they're not listening, kids pick up on what they hear on TV and radio. Newscasters' tone of voice can be enough to set off alarm bells for kids, and unfamiliar words like pandemic and outbreak can be fear-inducing.
3. **Stick to Routines and Boundaries-** Kids thrive with routines and boundaries, and predictability can be very comforting in anxious times. When some things feel out of control, routines can give kids a sense of security.
4. **Start or Continue Mindful Practices-** Mindfulness is an amazing practice for people of all ages. If you don't have a regular mindful practice already built into your family time, try adding it to your routine. This can look like 5-minute morning or bedtime guided meditation (look for apps like Calm or Headspace) or simple mindful mandala coloring.

Student of the week

Kinder: Robert Edward, Mila Yelverton

1st: Nate Sadowski

2nd: Bradley Mock, Abigail Givhan

3rd: Evan Perkins, Charlotte Wagaman

4th: Luke Sadowski

5th: Alice Glenn, Mary Campbell Elmore

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