

# Counselor's CORNER

## SEPTEMBER 2024

Ms. Macias

### Counseling Monthly Focus:


This month in counseling, we will focus on Coping Skills. Students will learn healthy and effective self-regulation strategies. By providing students with healthy coping mechanisms and ensuring they practice these techniques consistently, we are fostering their resilience and preparing them for future success.

### Dates:

- 9/2/24- No School
- 9/6/24- ELAC Meeting
- 9/17/24- Bubble Run
- 9/19/24- Chat w/  
Principal
- 9/24/24- Picture Day

### Let's CONNECT!

 macidl@fusd.net

 909-357-5750

### Happy, Healthy Kids TIP:

As parents and educators, we support our students in expressing their feelings verbally. Emotional vocabulary helps to articulate emotions. Let's work together to enhance their self-expression.

