

SCHOOL COUNSELOR NEWSLETTER - OCTOBER 2018

Allyson Moore - Chipeta Elementary

Hello again, and happy FALL! I've been enjoying getting to know our students and working with them through classroom lessons. I've started our Second Step lessons with all the classes. Here's what we're working on right now:

- **Second Step Classroom Lessons**
 - Kindergarten & Grades 1-3:
 - Skills for Learning
 - Grades 4 & 5:
 - Empathy & Communication

We've also started a Grief Group at school through Hope West. If you're interested in learning more about Grief Group or other services and programs through Hope West, please let me know. We'll have a new Grief Group in the Spring, so it's not too late to participate.

Did you know...October is Positive Attitude month?!

Benefits of a Positive Attitude:

- It helps you achieve goals and attain success.
- It brings more happiness into your life.
- It produces more energy.
- Positive attitude increases your faith in your abilities, and brings hope for a brighter future.
- You become able to inspire and motivate yourself and others.
- You encounter fewer obstacles and difficulties in your daily life.
- You get more respect and love from people.

Resources – Need some help and don't know where to start? On the right are some resources that you may find helpful.



Family/Parenting:

<http://www.parenttoolkit.com/>

Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Education Nation and includes information about almost every aspect of your child's development.

www.familyeducation.com/home

Provides parents with educational printables, games, activities, parenting ideas, tips, family advice, & information on learning disabilities for children of all ages: toddlers, babies, elementary-aged children, & teenagers, K-12.

Please feel free to contact me if you have any questions or if you have concerns about your child.

You may call me at (970) 254-6825 Ext. 45108 or email me at:

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