

Counselors' Corner

Meadow Glen Elementary

October 2020



Mrs. Mills works with Kindergarten and third grade.
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Ms. Mack works with fourth grade and fifth grade.
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Mrs. Sanzgiri works with first and second grade.
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Holiday Assistance

During the holiday season we often have churches and other organizations that want to offer assistance to families. They may offer to provide clothing, food items or school supplies. If you would like to be considered for this assistance contact Mrs. Mills, Ms. Mack or Mrs. Sanzgiri.

FIVE TO THRIVE

Here are five things you can do to “reboot” your brain and reset your perspective.

1. **Square Breathing:** Practice deep belly breaths while envisioning a square: Inhale for 4 seconds; Hold your breath for 4 seconds; Exhale for 4 seconds; Hold for 4 seconds. Continue for 10 cycles of this breathing exercise.
2. **Mindful Awareness:** Using your senses, notice 5 things you can hear, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.
3. **Express Gratitude:** Write down what you’re thankful for.
4. **Get Outside:** Even if just briefly, go for a walk or bike ride and enjoy the sunshine.
5. **Take a Break from Social Media:** Do things that make you forget to check your phone or email.

Tips from School Counseling Success

**Red Ribbon Week is October 26 - October 30, 2020.
Information for each day is on the back.**

Red Ribbon Week Oct.26-Oct.30, 2020

Next week we will celebrate Red Ribbon Week at MGES. During this week we focus on having healthy bodies and being drug and alcohol free. We know that recognizing one week out of the school year will not cause our children to stay away from drugs. It is what we do and say everyday that matters the most! It is important to teach our children to solve problems, share their feelings, and make good choices. It is also important for our children to know they can count on us to listen to them and be there when we need them.

We will celebrate Red Ribbon Week with the following activities to highlight the drug-free lifestyle. We will also encourage service to our community by giving to others as we collect healthy snack food items for the outreach program at St. Peter's Lutheran Church.

Healthy Snack Donations include: Boxes of individually packaged instant oatmeal or grits, juice pouches, granola bars, applesauce, snack crackers, raisins, individual cereal boxes, pudding cups and plastic jars of peanut butter.

“Color My World- Drug Free!”

Monday- Red Ribbon Kick-Off

- Wear **red** clothes
- Distribute Drug-Free bookmarks
- Bring Healthy Snacks to be donated to St. Peter's Lutheran Church community outreach. A list of needed items will be sent home with students. Food can be brought in all week.

Tuesday- The grass is **greener** on the drug-free side!

- Wear green clothes
- Continue to Bring in Healthy Snacks

Wednesday- Drugs give me the blues!

- Wear **blue** clothes
- Continue to Bring in Healthy Snacks

Thursday-Say “Boo to drugs!”

- Wear **orange** and/or **black** clothes today
- Continue to Bring in Healthy Snacks

