

Counselors' Corner

Meadow Glen Elementary

October 2021



Ms. Mack works with K5 and fifth grade.
Email-Smack@lexington1.net

Mrs. Sanzgiri works with second and third grade.
Email- MSanzgiri@lexington1.net

Mr. Whatley works with first and fourth grade.
Email-Jwhatley@lexington1.net

Website: mgescounselorscorner.weebly.com

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 Ms. Mack, Mrs. Sanzgiri, or Mr. Whatley.

Roles of the School Counselor

School Counselors see students three different ways.

Classroom Guidance Lessons

Each counselor visits the classroom every three weeks. The counselor has a 30-45 minute lesson. Your child will have a total of 10-11 guidance lessons per year with the school counselor for that grade.

Small Group

Counselors often create a small group of students for a set number of weeks to address a common goal.

Individual

Counselors meet with students one-on-one to discuss academics, goal setting, and social/emotional concerns.

Red Ribbon Week is October 25- October 29, 2021.
Information for each day is on the back.

Red Ribbon Week Oct.25-Oct.29, 2021

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.

“Drug-Free Looks Like Me!”

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- Follow Your Dreams- Be Healthy and Drug-Free!

- Wear your favorite **pajamas**
- Continue to Bring in Healthy Snacks

Wednesday- Drugs Stink, Wear Pink!

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

Thursday- From Head to Toe, I'm Drug-Free!

- Wear **crazy socks and a hat**
- Continue to Bring in Healthy Snacks

Friday- Team Up Against Drugs!

- Wear your favorite team or **school colors**.
- Continue to bring in healthy snacks.

