

Coming Soon.....Career Day 2020

Meadow Glen Elementary School will have Career Day on Wednesday, March 18. Our third grade will have speakers in the classrooms (9:15 - 10:50) while fourth and fifth grade will participate in a Career Fair (8:00 - 10:30). These students will rotate around the cafeteria and visit tables to ask questions about different careers.

Our kindergarten, first and second grade students will participate in Vehicle Day on April 30 (7:45-10:30). These students will have an opportunity to visit different vehicles and learn about the careers that go with each one.

If you would like to be a speaker for a third grade class or be a part of the Career Fair for fourth and fifth grade on March 18 or be part of Vehicle Day for kindergarten through second grade on April 30, **return the bottom portion below by Wednesday, February 5. Contact one of the school counselors if you have questions.**

I would like to:

_____ be a speaker in a third grade classroom (March 18)

_____ be part of Career Fair in the cafeteria for fourth and fifth grade (March 18)

_____ use my vehicle as part of Vehicle Day for kindergarten - second grade (April 30)

Name _____ Your child's name _____

Phone _____ Email _____

Your career _____

You can contact one of the Meadow Glen Elementary School counselors by calling the school at 821-0400. You can also email them at khendrix@lexington1.net, kmills@lexington1.net, or smack@lexington1.net.

Counselors' Corner

Meadow Glen Elementary

January 2020

Classroom Guidance Lessons

The school counselors at MGES visit with each class every three weeks. Listed below are some of the topics taught during the first semester and the school counselor for each grade.

Kindergarten

(Ms. Hendrix)

- Friendship
- Identifying Feelings
- Tattling or Telling
- Healthy Choices
- Personal Safety

First Grade

(Ms. Hendrix)

- A Bug and a Wish
- Problem Solving
- Listening Skills
- Bullying
- Healthy Choices

Second Grade

(Ms. Mills)

- I-Messages
- Bullying
- Medication Safety
- Identifying buggy feelings
- Healthy ways to debug

Third Grade

(Ms. Mack)

- Responsibility for your learning
- Listening Skills
- Healthy and Unhealthy Choices
- Bullying
- Personal Safety

Fourth Grade

(Ms. Mack)

- Coping with Stress and Worry
- Peer Pressure
- Bullying
- Teamwork
- Listening Skills

Fifth Grade

(Ms. Mills)

- Reputation
- Bullying/ Teasing
- Listening Skills
- Medication/Drug Safety

Coping Strategies

We often have situations or problems when we need coping strategies. Coping means dealing with a problem in a safe, healthy and respectful way.

These are a few coping strategies we recommend for students:

- Take 10 slow deep breaths
- Take a 1 minute vacation in your mind. What do you see, hear, smell?
- Draw or color
- Read a book
- Talk to an adult or friend
- Get outside and play
- Write or draw your problem, crumple it up and throw it away



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The following people have been designated to handle inquiries or complaints. Chief Human Resources Officer Michael L. Stacey handles inquiries/complaints regarding Title IX, inquiries/complaints regarding Title II with respect to employees and/or public access to buildings and grounds, and inquiries/complaints involving the Civil Rights Act of 1964. Inquiries/complaints regarding IDEA for students K–12 go to Director of Special Services Wendy Balough, Ed.D. Inquiries/complaints regarding Section 504 for students K–12 go to Director of School Counseling and Advisement Zan Tracy Pender. Inquiries/complaints regarding Title II implementation go to Coordinator of Title II Part A Dianne Steelman.

Contact these people if you have questions regarding these issues at 100 Tarrar Springs Road, Lexington, SC 29072 and telephone number 803-821-1000.