

# Counselors' Corner

Meadow Glen Elementary

January 2021

## **Classroom 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**

(Mrs. Mills)

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

### **First Grade**

(Mrs. Sanzgiri)

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

### **Second Grade**

(Mrs. Sanzgiri)

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

### **Third Grade**

(Mrs. Mills)

- Problem Solving
- Coping Skills
- Healthy and Unhealthy Choices
- Types of Conflict
- Bullying

### **Fourth Grade**

(Ms. Mack)

- Coping with Stress
- Peer Pressure
- Bullying
- Listening Skills
- Coping with Worries

### **Fifth Grade**

(Ms. Mack)

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

## **Tips for Approving Attendance**

Good attendance makes a difference! It improves academic performance and promotes future success. These are a few tips we recommend for families:

- Make school attendance a priority.
- Talk about importance of showing up to school every day.
- Help and encourage your child to stay engaged.
- Communicate with teachers if you notice a change in behavior.
- Check your child's attendance
- Ask for help from school officials if you're having trouble getting your child to school or staying engaged.



## Coming Soon... Career Week 2021

Meadow Glen Elementary will have two Career Weeks this year. **March 15-18** we will have Career Week for third, fourth, and fifth grade. **April 19-22** we will have Career Week for kindergarten, first, and second grade. Classes will have the opportunity to live video chat with a speaker to ask questions about their career, and/or learn about different careers through pre-recorded videos.

If you would be interested in providing us a 5-10 minute video clip of your workplace and you on the job and/or participate in a live video chat about your profession with our students, **please return the bottom portion below by Monday, February 8th. Contact one of the school counselors if you have any questions.**

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I would like to:

\_\_\_\_\_ Record a 5-10 minute video of myself in my workplace

\_\_\_\_\_ Participate in a live video chat about my profession with a class

Name \_\_\_\_\_ Child's Name/Grade \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Your Career \_\_\_\_\_

You can contact one of the school counselors at 821-0400. You can also email them at [kmills@lexington1.net](mailto:kmills@lexington1.net), [smack@lexington1.net](mailto:smack@lexington1.net), or [msanzgiri@lexington1.net](mailto:msanzgiri@lexington1.net).