

School Counseling & Behavior Support Newsletter  
March 2024



# Twin Ridge Elementary

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## Meet the Team

Hello TRES families! We are your school counseling and behavior support team!



## Classroom Lessons

Each month, one of the school counselors will visit your child's class for a half hour lesson. The counseling team's fall lessons included:

- **February Lessons**
  - In grades K-3, students focused on learning I-Messages to help with problem solving. Students learned to change You-Messages, such as "You never sit next to me in the cafeteria" into an I-Message, such as, "I feel upset when you don't sit next to me in the cafeteria, because I want to sit with you." By using I-Messages, students can express their feelings and thoughts in a helpful way.
  - In grades 4-5, students learned about digital citizenship. Students discussed ways to stay safe through use of digital media and to reach out to their trusted adults if they have concerns or problems. Students played Digital Jeopardy to test their knowledge.
- **March Lessons**
  - March is Career Month! All grades will learn about careers.
    - 4th and 5th: In lieu of lessons, our 3rd annual Career Fair will be held the morning of Tuesday, March 5th. Students from the Career and Tech Center (CTC) will be presenting to our students about twelve different careers. TRES students will get to attend three career rotations.
    - K-3rd: School counselors will teach about careers and provide opportunities for career exploration through classroom activities.

## Small Groups

Our team runs small groups throughout the school year. We run groups focusing on emotions, social skills and problem solving. Please reach out if you are interested in having your child participate in a group and we will let you know about group availability for your child's grade level.

### **Panda Pride Assemblies**

Dates for assemblies, Bingo games and J&P Nights are below:

<b>Panda Pride Dates</b>	<b>Bingo Game Dates</b>	<b>J&amp;P Nights</b>
Friday 3/1	Thursday 3/7	Thursday 2/29
Friday 4/12	Thursday 4/18	Thursday 4/11
Friday 5/3	Thursday 5/9	Thursday 5/2

### **We want to hear from you!**

Communication from parents and guardians about concerns or struggles that the student or family may be experiencing allows us to best tend to individual student needs and provide support at school. **#Together**