

National School Counseling Week 2020

February 4-8

This year, we will be observing **National School Counseling Week** during the **week of February 3-7**. During this time, I hope to help raise awareness about the role of the school counselor with emphasis on the collaborative effort we have for our students. I feel blessed and honored to work with such a dedicated staff and community and am proud to share a week where our efforts are recognized. Each day, we will emphasize a different characteristic about school counseling and how I try to approach the job. Here is a schedule for the week:

Monday, February 3rd: Caring Comments and Compliments Day

The School Counselor must model the pillar of Caring and maintain a positive attitude toward others. There is no more important resource in helping kids reach their potential than the teachers and staff. Staff members will have *Caring Comment* sheets in their mailboxes. This is a chance for you to write a caring comment to someone on the staff. Take a minute to reflect on how special each one of us is to the students and success of the school. The sheets will be delivered to the staff member mentioned. ***Encourage your kids to make compliments and send positive messages to each other.*** Thanks for caring so much for our students. Remember that the counselor is not just for the students, but for you too!

Tuesday, February 4th: Building Positive Relationships Day

The School Counselor recognizes that building positive relationships is essential to effective counseling. Noted psychiatrist James Comer said, "No significant learning occurs without a significant relationship." School Counselors help students realize their potential by starting with cultivating positive relationships. Staff and students are challenged to cultivate positive relationships by focusing on respectful, positive interactions with others. Teachers and parents can model respect and discuss the importance of respect in building friendships with others. ***Students can also create poems about friendship that may be read on morning announcements. Submissions can be turned in when they are finished.***

Wednesday, February 5th: Helping Others Day

The School Counselor dedicates each day to helping students, staff, and parents. In the journey to reaching their potential as students and citizens, students need the support of others to reach that goal. Teachers and parents can encourage students to spend the day consciously helping others. ***Then, students can draw a picture or write about what the school counselor has taught them about helping others and how they did just that!***

Thursday, February 6th: College Sportswear Day

The School Counselor shows school spirit. We see the results of our support of our students when they move on to college and eventually to successful careers. To symbolize our tremendous spirit, staff members and students are invited to wear college sweatshirts, T-shirts, pins, hats, etc. Take a few minutes to talk with your class about how you went to college to become the fine teacher you are today. Parents and staff can discuss how your schooling

helped prepare you for the world of work, including setting goals, studying, staying in school, etc.

Friday, February 7th: Team Jersey Day

The School Counselor collaborates with others and helps model teamwork. Together we are instrumental in helping our kids be the best students they can be. I could never do this job without family and staff support. To celebrate the spirit of teamwork, we will have Jersey Day. Wear your favorite Jersey to show off your teamwork skills!

***Please remember that all of these activities are optional. I appreciate your kindness, flexibility, and cooperation. I truly believe we have the best community that is dedicated to giving the students the best. A great big thanks to each of you!!!