

## October Counseling News



### Upcoming Special Events and Dates:

- **Heavenly Hats Parade-** October 23<sup>rd</sup> 2:30-3pm. Help support this foundation by sending in \$1.00 with your child. Look for the flyer to come home this month!
- **Red Ribbon Week-** October 26<sup>th</sup>-30<sup>th</sup>. Students will participate in a spirit week to promote drug and alcohol awareness. Look for flyers this month!
- **Canned and Boxed Food Drive to support Damascus HELP-** November 4<sup>th</sup>-18<sup>th</sup>
- **Middle School Magnet Program**  
([www.montgomeryschoolsmd.org/curriculum/specialprograms/](http://www.montgomeryschoolsmd.org/curriculum/specialprograms/)) Application packets and test prep materials are in my office. Please come by to pick them up, if interested. Informational meetings are planned. Check out the website for more information.
- **George B. Thomas Saturday School**  
([www.gbtlearningacademy.org](http://www.gbtlearningacademy.org)) **Open House-** October 3<sup>rd</sup>. Fee is \$30 for personalized academic assistance! Great deal!

**Purple Counselor Sheets-** Have you seen them? Thank you to all families who completed them. It helps me get to know your child and help them if there is a need. I visit classrooms twice a month and those sheets help personalize my relationship with your child. If you'd like to contact me in person or by phone or email, please feel free! I'd love to hear from you 😊

**Is your child part of a military family?** Is someone in your family serving in another country or have they at some point? I am putting together a "STRONG HEARTS" group for children who are part of a military family. Please let me know if you'd like your child to be part of this group!

## Classroom Lessons

**K-3 classes** will be reading, *Feelings to Share* by Todd and Peggy Snow. We will share feelings and make our feeling faces into a mirror. Children will create feeling wheels to help them manage hard feelings. They will bring their wheels home. Please ask to see them! During my second visit, children will be “Fishing for Feelings” with my special fishing pole. We will share feelings and role play situations that cause different feelings.

**4-5 classes** will be learning the “3 Keys to Success!” They will take part in a couple “tests” to help them learn and remember the 3 keys. During my second visit, students will learn about the “Organizational Ladder.” They will sort tasks on their ladder to learn about the importance of keeping organized!