

Counselor's CORNER

OCTOBER 2022

Mrs. Rodriguez

Counseling

Monthly Focus:

In September we completed our District wide Healthy Minds lessons. These lessons were provided to every Elementary and Junior High School focusing on stress management and coping skills. Each student at Levi H. Dickey, from K-6th grade, learned at least 3 coping skills and identified an adult they feel comfortable reaching out to for help. I am including a list of skills you can review with your child.

Dates:

- 10/7-Coffee w/ Counselor
8-9am (parents/guardians)
<https://us05web.zoom.us/j/86926087209?pwd=NG9jZWVGUwZlMGI4WVozdHlGaTlOUT09>
- 10/7 -Calming Bottle (student activity)
- 10/14- Sidewalk chalk-art (student activity)
- 10/27- NEU/AVID Parent Workshop 5:30pm @library
- 10/28- yoga (student Activity)
- 11/4- Coffee w/ Counselor
8-9am (parents/guardians)
<https://us05web.zoom.us/j/89881809934?pwd=QTNxejJwUQNKaEtkVktlcTRJcGt3UT09>

Let's CONNECT!



Daniela_Rodriguez@chino.k12.ca.us



909.947.6693



Happy, Healthy Kids TIP:

When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing them, help your child name their feelings. Then, practice a coping skill from the list.

