

# COUNSELING NEWSLETTER

March 2025

## WHAT'S NEW

Focus of the Month: Growth Mindset  
Embracing a Growth Mindset This month, our school is focusing on nurturing a growth mindset in all students. We are emphasizing the power of positive self-talk. In Kindergarten and 1st Grade, students enjoyed reading "The Bad Seed" by Jory John. Grades 2-5 engaged in writing positive affirmations about themselves, supported by their peers. Our 6th graders explored how their interests could shape future careers, reinforcing the value of a growth mindset in achieving their goals.

## COPING SKILL FOCUS

Grounding techniques are wonderful strategies to help us cope with stress by using our five senses. These skills help connect our minds to the present moment, steering our brains away from unhelpful or stuck thoughts. Try this simple exercise: identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Encourage your children to practice these techniques at home for a mindful experience.

## LAST MONTH

In February, our theme was inclusion and understanding different perspectives. Students explored empathy by considering why someone might favor cats over dogs and practiced sharing differing opinions respectfully, using examples like favorite ice cream flavors.

## UPCOMING EVENTS

Exciting news! The Jordan Family Education Center will be starting its classes again April 7th. These sessions are a fantastic opportunity for families to gain insights and support on various topics. For more information, please call (801)565-7742.