



STUDENT SERVICES

Quarter 3 Newsletter 2024

UPCOMING EVENTS

- January: **College & Career Readiness Month**
- February 5 – 9: **National School Counseling Week**
- February 17: **Kindness Day**
- March 22: **Career Day** (4th & 5th grade)

CONVERSATION STARTERS

- How did you know what you wanted to do after high school?
- What careers did you consider?
- What strengths of yours helps you be successful at your job?
- What strengths do you see in your children?
- If you could go back in time, what would you have told your childhood self about jobs and careers?

SCHOOL COUNSELING

College & Career Readiness Month

- January is College & Career Readiness Month and all grade levels have received classroom lessons focused on college and career exploration.
- All teachers have their College & Career Pathway outside their door so that students can learn about different career journeys
- For the month of January, the Stough Morning News has featured a different vocabulary word related to college and career planning each day.

Kindness

- Kindness day is February 17th.
- Books about kindness:
 - **How Kind!** by Mary Murphy
 - **The Golden Rule** by Ilene Cooper
 - **The Lion and The Mouse** by Jerry Pinky

ATTENDANCE

Reminder: Please send a doctor's note when your child is sick in order for the absence to be excused. Notes should be returned to school within two days of the absence. Notes can be emailed to our Data Manager, Ms. Brunda at gbrundavan@wcpss.net.

FAMILY NEEDS

For any family need outside of academics, please contact our school social worker, Lucretia Greaux.

lgreaux@wcpss.net
919-881-4950 ext. 26583
919-368-3304 cell

FAMILY RESOURCES

In each newsletter, we will spotlight a few resources or specific strategies for families. Here are two of our favorites that we wanted to share first. We hope you have fun exploring them!

[Action for Happiness](#)

- Check out the monthly calendars at the Action for Happiness website (<https://actionforhappiness.org/all-calendars>).
- The calendars suggest daily ideas of simple activities that can promote happier living.
- The calendars are available in different languages (including Chinese to give our students in the immersion program additional reading practice).
- You may want to hang the calendar somewhere in your home, choose a few activities each month to do together as a family, or choose one of the daily ideas to discuss together as a family at dinner.
- There are so many ways you can incorporate the positive, feel good activities into your family's time together. Have fun with it!

[Big Life Journal](#)

Big Life Journal offers so many resources to support parents in raising kind, resilient, confident children with a growth mindset. While there are some products available for purchase at this website, we want to highlight their wonderful free resources.

- Check out their free printables (available at <https://biglifejournal.com/pages/freebies>).
- You can sign up for a weekly email. There are several options to choose from (Monday parenting tips for kids ages 4–10, Wednesday parenting tips for kids ages 11+, Friday free printables for ages 4–10, and Sunday mindset tips for adults).
- Sometimes the activities are ones you'll want to do with your child. Other times you may find helpful wording or language you may choose to use when having conversations with your child. Either way, there are lots of great resources!
- There is also a blog (<https://biglifejournal.com/blogs/blog>) that contains helpful articles on a range of topics, including a family gratitude challenge, confidence-building activities, and strategies on how to build resilience in children and teens.
- There is a wonderful podcast geared for children to help them develop a growth mindset (available at <https://biglifejournal.com/pages/podcast>).