



# Counseling Corner with Mrs. Meeks



[kelley.meeks@gpisd.org](mailto:kelley.meeks@gpisd.org)  
(972) 522-6910

April 2021



In March, I discussed internet safety with each class. With everything our kids have access to with technology, it is very important that we, as parents, stay informed and keep an eye on what our children are doing on their devices.

[Commonsensemedia.org](http://Commonsensemedia.org) is a great resource for parents. There is a "Parents Need to Know" section that covers several topics that might be of interest to you.

For April, our theme is Being Kind in the Community, and we will be

focusing on empathy. Empathy is the ability to understand another person's feelings. We may not be able to relate to what they have experienced, but we can empathize and understand what they are feeling and why. When we understand how someone else is feeling, it allows us to respond appropriately to them, and we can be more helpful to them in that situation.

### Ways to Reinforce Lessons

- ❖ Have discussions with your child(ren) about how they are feeling and how you are feeling.
- ❖ Present different scenarios to your child(ren) regarding a situation that someone went through. (These can be real or made up.) Have your child(ren) discuss what they could do to help that person in that situation. What could they say/do to show they empathize with them.



**Vision Statement:** The vision for the students at Powell is that they would grow to be well-rounded individuals able to successfully adjust in our ever-changing society. They will also be kind, compassionate individuals who are ready to make a positive change in the world.

**Mission Statement:** The mission of Powell Elementary's counseling program is to provide a comprehensive counseling program for all students focusing on academic, career, and social/emotional development. Focusing on these areas will provide a strong foundation for the students which will assist them as they develop into independent, successful, kind individuals.



# Counseling Corner with Mrs. Meeks



[kelley.meeks@gpisd.org](mailto:kelley.meeks@gpisd.org)  
(972) 522-6910

April 2021



## Upcoming Events

April 2 - School  
Holiday

April 12 - School  
Holiday

April 20 - 4th  
Grade Writing  
STAAR

April 23 - Early  
Release at 12:10 pm



**Vision Statement:** The vision for the students at Powell is that they would grow to be well-rounded individuals able to successfully adjust in our ever-changing society. They will also be kind, compassionate individuals who are ready to make a positive change in the world.

**Mission Statement:** The mission of Powell Elementary’s counseling program is to provide a comprehensive counseling program for all students focusing on academic, career, and social/emotional development. Focusing on these areas will provide a strong foundation for the students which will assist them as they develop into independent, successful, kind individuals.