



Counseling Corner with Mrs. Meeks



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February 2021



In January, I met with students to discuss goal setting and growth mindset. When we set goals for ourselves, our thoughts/feelings can either help us reach our goals or keep us from reaching them. Knowing that you might not be able to do something YET means that you are willing to keep trying until you can.

conflict can either be helpful or hurtful, and my hope is that our students will learn to handle conflict in a manner that helps the situation. During this lesson we will also be talking about being kind in relationships. We will discuss friends and the qualities that make a good friend. Students will also be reminded that even though they may not be friends with everyone, it is still important to treat everyone with kindness and respect.

and the theme is "School Counselors: All in for All Students." I have had the honor and privilege of being the counselor at Powell since 2004, and I am truly blessed. I am extremely thankful that I get to work with and help ALL of our Palominos at Powell. Please encourage your child(ren) to check my Google classroom throughout the week. I posted a challenge yesterday, and I will have read alouds and other posts each day this week.

Our focus in February is conflict resolution and being kind in relationships. It is important for students to learn to resolve conflicts in healthy ways. The way we handle

February 1-5 is National School Counseling Week,

Ways to Reinforce Lessons



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.



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- ❖ Talk with your child(ren) about a time when you handled conflict in a healthy manner.

6:00 p.m.

[Sign up here](#)

[Meeting Zoom link](#)

February 15 –
School Holiday/Bad
Weather Make-up
Day

- ❖ Continue encouraging your child(ren) to be kind to others. Model this, as well.

Upcoming Events

February 1-5 –
National School
Counseling Week

February 9 – Be
Kind Parenting
Enrichment Series:
In Relationships



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