



# Counseling Corner with Mrs. Meeks



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January 2021



Happy New Year! I can't wait to see all the students back at school! I hope everyone had a wonderful break, took time to connect as families, and spent some time showing kindness and compassion to others.

When I meet with classes this month, we will be talking about the importance of goal setting. Students will be encouraged to identify goals they want to achieve this year.

We will also be discussing the importance of

having a growth mindset. Developing a growth mindset will help students persevere when faced with something difficult. This will be beneficial when trying to accomplish goals, as well, because it often takes persistence and determination when trying to reach a goal.

### Ways to Reinforce Lessons

- ❖ Talk with your child(ren) about the goals they want to achieve.
- ❖ Discuss with your

child(ren) some goals you have set for yourself, either in the past or now. Talk about how you determined your goals, the process you took, or will take, to achieve them, how determination and perseverance fit in to the process, etc.

### Upcoming Events

January 5 - 3rd quarter begins

January 18 - MLK day (No school)

January 25-29 - The Great Kindness Challenge



**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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January 28 –  
100<sup>th</sup> day of  
school



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