Counseling Corner with Mrs. Meeks

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September 2020

It is my pleasure to be the school counselor at Powell, and I look forward to working with all of the students here this year-in person and virtually. Each month I will spend time with each class for at least one Social Emotional Learning (SEL) lesson. These lessons will focus on resiliency, self-regulation, and skills training. There will also be lessons pertaining to character traits, bullying, Red Ribbon Week, and various other topics. One topic that will be repeated and included in several lessons is about being kind and compassionate. How we treat others is a very important life skill, and my hope is that our students will grow to be individuals who treat others in a kind, respectful manner.

Over the past couple weeks, I met with classes to introduce myself and explain a little about my job here at school. We also discussed being bucket fillers. As I tell the students, these are my favorite lessons to teach because they help the students understand how kind actions fill buckets, or make people happy. They also help students understand that unkind actions empty buckets, or make people sad.

Beginning next week, I will start my lessons for September. Our theme for this month is diversity and inclusion. We will discuss Start with Hello, which is an initiative that promotes inclusion and acceptance of others. We want everyone to feel included and accepted at Powell, and Start with Hello is one way we do this.

Another way kindness and bucket filling is promoted

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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at Powell is through a monthly Random Acts of Kindness (RAK) calendar. Each month a RAK calendar will be sent home with the newsletter. Each student and their family are encouraged to participate in these acts of kindness to help make our school and community a better place where people feel safe and accepted.

Ways to Reinforce Lessons

- Encourage your child to be kind to others-say "hi" to someone new, smile at someone. Be bucket fillers!!
- Discuss ways your child can be sure to include others-sit next to someone at lunch they don't know well, talk to someone who is sitting alone.
- Work together as a family to complete the RAK calendar challenges.

This year Grand Prairie ISD will be offering some virtual Parent Enrichment events. The first one will be on September 29 from 6:00-7:00 pm, and the topic will be GPISD Counseling Services Department Supports for Students and Families. When I receive the flyer with more information, I will pass that along.

Upcoming Events

9/14 – In-person K-2 students return to campus

9/21 - In-person 3-5 students return to campus

9/21-9/25 – Start with Hello week

9/29 – Parent Enrichment Series virtual event

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