

## SUPPORTS & LINKS

**CARE SOLACE: MENTAL HEALTH CONCIERGE:**  
[CLICK HERE](#)

**CARESPACE MENTAL HEALTH**  
[CLICK HERE](#)

**PARENTING WORKSHOPS**  
[CLICK HERE](#)

**CALIFORNIA KIDS INVESTMENT AND DEVELOPMENT SAVINGS PROGRAM (CALKIDS)**  
[CLICK HERE](#)

**FINANCIAL ASSISTANCE:**  
[GAS BILL](#)  
[ELECTRIC BILL](#)  
[GROCERIES/FOOD](#)

## RESOURCES FOR MILITARY CHILDREN & FAMILIES

**MVUSD MILITARY SUPPORT INFORMATION**  
[CLICK HERE](#)

**TUTOR.COM FOR MILITARY**  
[CLICK HERE](#)

**SESAME STREET FOR MILITARY FAMILIES**  
[CLICK HERE](#)

**MILITARY KIDS CONNECT**  
[CLICK HERE](#)

# COUNSELING *Connection*

## APRIL 2023

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## SEL LESSON TOPIC

## *Month of the* MILITARY CHILD

April is the Month of the Military Child. This awareness month was established to underscore the important role children play in the Armed Forces community. There are approximately 2 million military children, ranging in ages from newborn to 18 years old; over 1 million military children are school-aged. Care of military children sustains our fighting force, and strengthens the health, security, and safety of our nation's families and communities.

Military families make remarkable sacrifices as they deal with separation from their families and make adjustments to new living situations and communities. However, most Military Families exemplify strength, resilience, and courage. We appreciate and acknowledge the incredible contributions that our Military Families at all of our MVUSD schools make to our Nation.



## GROWTH MINDSET & GOAL SETTING

In Second Step, students are learning about growth mindset strategies and practicing applying a growth mindset through goal-setting activities and achievement.

A growth mindset is an important skill to establish to help students keep going through challenges, welcome mistakes, identify and achieve goals, and gain confidence as they learn.

Students also learn that their brains grow and change when they tackle new challenges, try hard, and practice their skills.

In Kindergarten through Grade 2, students develop skills needed to pay attention and avoid distractions and learn about the importance of practice and effort when learning something new. Grade 3 introduces the brain science behind learning, practice, and planning. With this foundation, Grades 4 and 5 shift to focus on the goal-setting process.