

Counseling Connection

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Supports and Links

[Black History Month Virtual Library](#)

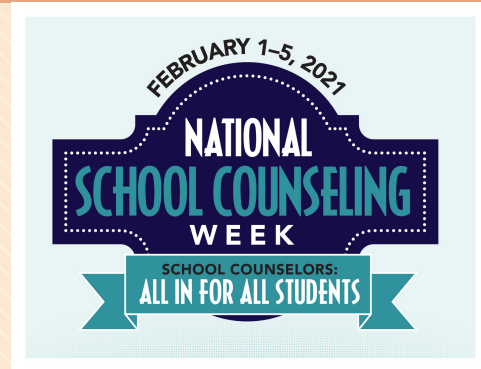
[February Affirmation Calendar](#)

[What Do School Counselors Do?](#)

[Counselor Check-In Form](#)

[Community Resources](#)

[Free Mental Health Concierge](#)



National School Counseling Week 2021, “School Counselors: All in for All Students,” sponsored by the American School Counselor Association (ASCA), will be celebrated from Feb. 1–5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems and how students are different as a result of what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

The special week honoring school counselors provides recognition for school counselors who “implement comprehensive school counseling programs, a vital part of the educational process for all students as they meet the challenges of the 21st century.

As an Elementary Counseling Team we couldn’t be more thrilled to serve the students in MVUSD. We love our students, families and staff!

Black History Month

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month. It honors all Black people from all periods of U.S. history. Among the notable figures often spotlighted during Black History Month are Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; Mae Jemison, who became the first female African-American astronaut to travel to space in 1992; and Barack Obama, who was elected the first-ever African-American president of the United States in 2008.



Coping Skill of the Month: Love yourself!

When was the last time you told yourself you are awesome? When was the last you gave yourself credit for ALL the hard work you do everyday? Well, look no further, because during February we are focusing on positive things about ourselves. Instead of someone else giving you a compliment or encouragement; you should always encourage yourself first! We are challenging you to complete an affirmation calendar to be YOUR best self every day.

