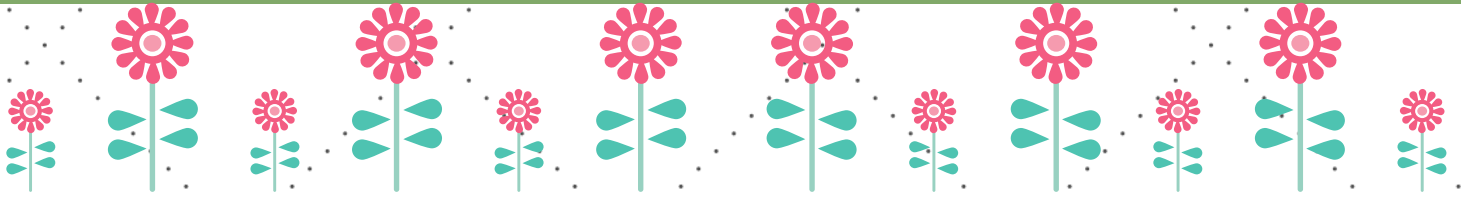


MARCH 2021

MONTE VISTA ELEMENTARY SCHOOL
TEMECA GREEN, SCHOOL COUNSELOR
TLGREEN@MURRIETA.K12.CA.US
951-894-5085 EXT. 2966



SUPPORTS & LINKS

- [Counselor Check-In Form](#)
- [Community Resources](#)
- [Free Mental Health Concierge](#)



MARCH 14TH, 2021

[MARCH VIRTUAL LIBRARY](#)

Read Across America



In 1998 the National Education Association began the Read Across America Celebration. On March 2, National Read Across America Day, students, teachers, parents, and community members around the nation come together to read books and celebrate the joy of reading! Drop everything, pick up your favorite book and start reading!

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

compassion
children

second



Transitions and coping with change can be difficult. There are many different feelings that come with change - some comfortable and some not so comfortable. As we prepare to return to school, it is important to know school will look different for all students whether they are returning to campus or staying virtual. Students and families will be adjusting to a new schedule. Here some things we can do to supports all students during this time of transition:

- Create a schedule to reflect new routine and expectations. Be sure to post it as a visual reminder.
- Talk about and answer your child's questions regarding their hybrid or virtual transition. This can helps reduce anxiety regarding the unknowns. Encourage your child to dialogue with you or journal about their feelings.
- Remind your child to continue practicing the emotion management skills they have been learning with their School Counselor. Some of these skills include deep breathing, positive self-talk, counting to calm down, journaling feelings, and mindfulness.



Women's History Month began as a local celebration in Santa Rosa, California. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations. Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month. The National Women's History Alliance selects and publishes the yearly theme. The theme for Women's History Month in 2021 captures the spirit of these challenging times.