

# COUNSELING CONNECTION

Monte Vista Elementary School  
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## SUPPORT & LINKS

Native American Library  
[Click Here](#)

Canvas Help  
[Click Here](#)

Counseling Check-in Form  
[Click Here](#)

Free Mental Health  
Concierge  
[Click Here](#)

Resilience Tools for Parents  
[Click Here](#)

Parenting Support Group  
[Click Here](#)

30-Day Gratitude  
Challenge  
[Click here](#)

SO *Thankful*



To our brave, strong, hardworking  
families,

We just wanted to take a moment to thank  
you. We see you. We appreciate you.

To our resilient, courageous,  
brilliant students,

We miss you. We see you. We are so incredibly  
proud of you.

To our passionate, innovative,  
dedicated teachers and staff,

We are so grateful for you. We see you. We are  
honored to work alongside you.

# *Cultural Awareness*

National Native American Heritage Month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers and settlers of the United States. Both law and proclamation recognized the Native Americans as the first inhabitants of the lands that now constitute the United States as well as making mention of their contributions to American society: Many of the foods we eat and the medicines and remedies we use were introduced by Native Americans. Many highways we have today follow a Native American trail.

Native Americans make contributions in every area of endeavor and American life, and our literature and all our arts draw upon Native American themes and wisdom. Countless Native Americans have served in our Armed Forces and have fought valiantly for our country. We recognize the contributions and influence of Native Americans to the history, culture, and achievements of the United States.

## *SEL Topic*

We are continuing our focus on emotion management. Emotion management is the ability to realize, accept, and control feelings inside oneself. Everyone feels strong feelings. Strong feelings are neither good or bad. However, what does matter is that we express strong feelings in a healthy manner.

## *Coping Skill*

Journaling is a healthy coping skill that your child can use to help cope with strong feelings. Encourage your child to write their thoughts down in a journal. If he/she doesn't want to write, drawing pictures is an alternative. Allow your child to choose to keep their journal private or choose to share it with someone they trust. Writing or drawing out thoughts and feelings is a healthy way to process

## *Second Step Home*



Tk/Kindergarten

Second Grade

4th Grade

First Grade

Third Grade

5th Grade