

# COUNSELING CONNECTION

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## SUPPORT & LINKS

Native American Library  
[Click Here](#)

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

Free Mental Health  
Concierge  
[Click Here](#)



## SO Thankful

It is good practice to take a moment and list things and people you are thankful for. Sometimes in the hardest moments, shifting our mind to make a list of things we are thankful for can soften those hard moments. There is power in being thankful. I encourage you to take a minute to talk with your children as a family, about one thing and one person you are thankful for. For me, I am incredibly thankful for each family, staff member and student here at Mails. Supporting school life with you all is the most fulfilling blessing! Thank 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

**This month our focus is 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 how they are feeling.



**WE WOULD LIKE TO THANK ALL OF OUR  
VETERANS!**

**YOU ARE INCREDIBLY VALUED AND WE ARE  
SO GRATEFUL FOR YOUR SACRIFICE AND  
SERVICE TO OUR COUNTRY!**