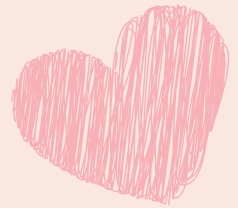


Counseling Corner

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Lisa J Mails Elementary School



♥ *hello* ♥
→ **FEBRUARY** →



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

CRISIS AND HELPLINE
RESOURCES
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COUNSELING
CHECK-IN REQUEST
[CLICK HERE](#)

[BLACK HISTORY MONTH
VIRTUAL LIBRARY](#)

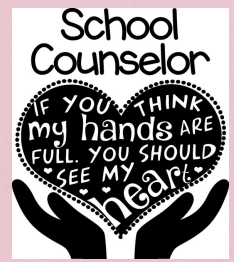
[RANDOM ACTS OF
KINDNESS CALENDAR](#)

Kindness & Empathy

Second Step Classroom Lessons

Your child is learning how empathy and kindness can help them strengthen friendships as well as make new friends. Students are learning the meaning of empathy -- feeling or understanding what someone else is feeling -- and how it can help them be kind in ways their friend will appreciate. Students practice empathy in action by asking questions to learn more about what someone might want or need and then following up with an act of kindness.

Why is this Important? Research shows that children who learn the skills in this unit are more likely to: Build stronger relationships, resolve conflicts more effectively, exhibit positive behaviors, and develop increased empathy!



MVUSD Elementary Counselors

National School Counseling Week February 7th-11th

National School Counseling Week is celebrated each February to focus public attention on the unique contribution of our school counselors within U.S. school systems.

We would like to thank our schools and community for all of their continued support for the Elementary Counseling Program.

BLACK HISTORY MONTH

Black History has been an integral part of American History and in the month of February, we take time to reflect on the past and present accomplishments of African Americans. Black History Week was initiated by Dr. Carter G. Woodson (known for his success as a Historian, Author, & Journalist) in 1926 during the second week of February. His initiative was expanded to Black History Month in 1976.

This year's theme is "Black Health & Wellness" which celebrates the legacy and health and wellness contributions of Black Scholars. We honor Dr. Daniel Hale Williams, the first African American cardiologist who performed the first successful open-heart surgery. Currently, Dr. Nadine Burke Harris is serving as California's first Surgeon General and is an award-winning physician, researcher, and advocate in the areas of childhood trauma as a major risk factor to overall health and well-being. We celebrate and are grateful for the tremendous pathways African Americans have made and continue to make.

