

Counseling Connection

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Elementary School

COPING WITH STRONG FEELINGS

One of the activities that we will be doing as a school in "returning to normal" is testing! While this may not be a favorite exercise for students it is still a critical measure of progress. The focus of classroom counseling instruction will be learning and using coping skills to manage strong feelings. We are aware that anxiety levels are high for some and supporting students in managing feelings will help them be happier and healthier.

Besides preparation, nutrition and rest, typical coping strategies include deep centered breathing and counting when stressed. Classroom counseling lessons will emphasize the power of positive self-talk to not only process feelings but will discuss how to refocus them so students can be in the best mindset to do their best! For our younger students, we will focus on using these skills when upset either at a person or situation. If you need any further support, please feel free to contact me and I would be happy to give you more coping tips.

Care Solace: Mental
Health Concierge
[Click here](#)

Crisis and Helpline
Resources
[Click here](#)

Check in with the
Counselor Link
[Click here](#)

Upcoming Events:

4th - Women's Day
13th - Daylight Saving Time
18th - Special Olympics
19th - Choose Joy Run
17th - St. Patrick's Day
March 28-Apr 3 Spring Break

Strategy

- 1 Deep Breathing
- 2 Counting
- 3 Positive Self-Talk
- 4 Ask for Help

Women's History Month

In March, we honor women who have contributed to American History. Women's History Month started in Santa Rosa, California as a local town celebration. It all began as "Women's History Week" in 1978. The week chosen was March 8th to coincide with "International Women's Day." The United Nations has honored "International Women's Day" since 1975.

In 1980, President Carter issued a Presidential Proclamation declaring March 8, 1980, as "National Women's History Week." In 1987 Congress passed Public Law 100-9, designating March as "Women's History Month."

Women's HISTORY MONTH

Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.
- Rosa Parks

I had rather make history than write it.
- Susan B. Anthony

No one can make you feel inferior without your consent.
- Eleanor Roosevelt

Alone we can do so little, together we can do so much.
- Helen Keller

Don't follow the path. Go where there is no path and begin the trail.
- Ruby Bridges

But what do dreams know of boundaries?
- Amelia Earhart

I had reasoned this out in my mind, there was one of two things I had a right to, liberty or death, if I could not have one, I would have the other.
- Harriet Tubman

All adventures, especially into new territory, are scary.
- Sally Ride



Irish American Heritage Month is celebrated in March to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. It was first celebrated in 1991. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17. Saint Patrick's Day is a Roman Catholic religious holiday that honors the saint who introduced Christianity to Ireland in the early fifth century. It has developed in the United States as a celebration of all things Irish. With large ethnic Irish populations, Boston and New York City both claim the world's first Saint Patrick's Day parade, while Philadelphia claims to be the second oldest behind New York City. From John F. Kennedy to Brad Pitt, some of the most famous, prolific, and influential Americans are of Irish descent.