Counseling Connection



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Elementary School

Care Solace: Mental Health Concierge <u>Click here</u>

Crisis and Helpline
Resources
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Check in with the Counselor Link

Click here

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.

Upcoming Events:

4th - Women's Day

13th - Daylight Saving Time

18th - Special Olympics

19th - Choose Joy Run

17th - St. Patrick's Day

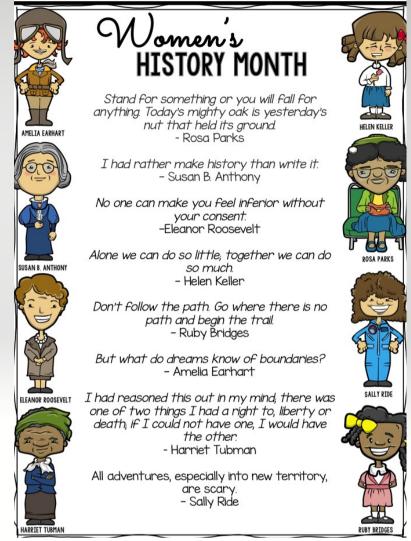
March 28-Apr 3 Spring Break



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."





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.