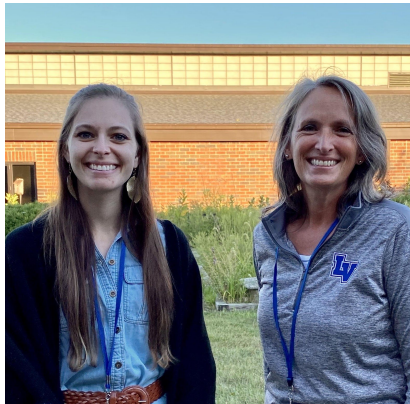




REACH for Parents Welcome Back!

September issue of REACH for Parents, LaVillle Elementary school counselor news
by **Mrs. Hawn and Mrs. Hovermale**: September 2020



REACH:

Reach stands for Relationships, Emotions, Academics, Character/Careers, and Health. This year, the school counselors will be going into each classroom and provide a lesson in one of the REACH areas to focus on social-emotional learning. Each week, your students will have the opportunity to focus on mindsets and behaviors.

So far in REACH, we have talked with the students in grades 2-6 about who we are as counselors. We read the book *You're All Kinds of Wonderful* which talks about our "bells and whistles", things that make us special and where we find joy. Your students shared a picture with us, showing their unique bell or whistle. This week, we had a Google Meet and read the story "The Way I Feel" and focused on a variety of feelings. We then did a survey to explore how the students are feeling about school, virtual learning, and topics they most want to learn about in REACH.

What Do School Counselors Do?

In addition to weekly lessons, we as school counselors focus our attention on each student and how they're doing. We assist students with developing decision-making, communication and life skills, as well as character values. School counselors help with academic support, conflict resolution, crisis intervention, as well as learning about emotions and how we can handle them in appropriate ways.

How to Connect Our Lessons at Home?

Connecting with your students about emotions and feelings is important to their mental health. As parents, you are almost always the first line of defense; who they go to about what is going on. When discussing feelings and emotions, you can start by asking open-ended questions (how, what, where). When talking with your student, let them know their feelings are okay and valid. Remind them that it is okay to have feelings and emotions; it is what they do with their emotions or feelings that can be harmful or a problem if they are not handled appropriately.

September is Suicide Prevention Month

[Resources from Each Mind Matters](#)

<https://www.suicideispreventable.org/>

National Suicide Prevention Lifeline (800) 273-TALK or text 741741

If you're in emotional distress or suicidal crisis-or concerned about someone who might be, do not wait and call.

Boys Town National Hotline (800) 448-3000

Crisis and support line for children, youth and their parents.

Crisis Hotline (800) 273-8255 or text 741741

For anyone dealing with a crisis including anxiety, depression, economic concerns, family conflict, grief, and relationships issues.

Indiana Child Abuse and Neglect Hotline: 1-800-800-5556

Help is available 24 hours a day, 7 days a week. You may report abuse or neglect anonymously.

How to Reach us:

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