

# CONNECTING WITH THE SCHOOL COUNSELOR



May 2-8, 2022

## Screen Free Week (TV Turnoff Week)

Screen-Free Week is an annual event where children, families, schools and communities are encouraged to turn off screens. Instead of relying on television programming for entertainment, participants read, write, daydream, explore, enjoy nature, and spend time with family and friends.

## Happy, Healthy Kids TIP:

When your child makes a good choice, no matter how small, make a BIG deal out of it! Cheer for them, encourage them, and reinforce this behavior. When your child makes a mistake, guide them towards a better choice. However, try not to dwell on it and move forward together.

## Children's Mental Health Acceptance Week (May 1-7)

Parents, guardians, and caregivers can use the link below to access resources from the National Federation of Families, which provides helpful tips and family-focused mental health information.

<https://www.ffcmh.org/cmha-activities-for-youth>

## We are Learning!

**Self-control** - control of our words and actions

### Class Survey:

I feel \_\_\_\_\_ about going to the next grade.



happy, excited



scared, anxious



sad, upset

## Let's CONNECT!

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