

# CONNECTING WITH THE SCHOOL COUNSELOR



**January 20, 2025  
Martin Luther King, Jr., Day  
of Service**

Happy, Healthy Kids TIP:

Research suggests that 20 minutes of uninterrupted, quality time with your child is more valuable than hours spent together multi-tasking. This short burst of focused time together builds your connection and makes your child feel valued, important, and loved.

## **National "Thank You" Month**

January is a great start to the new year to make small things count and to go slightly out of your way to help someone, and be appreciative of what others do for you, and say thank you.

Ways that you can celebrate the month:

- Start a journal and write one thing, or more, a day that you are thankful for.
- Take turns at the dinner table in sharing who or what you are thankful for.
- Write someone a thank you note, an email, or even a sticky note telling them you are thankful for them or something that they did for you.

## **We are Learning!**

Trustworthy - A trustworthy person is someone who is reliable, responsible, and can be trusted.

Think First and Stay Safe (Erin's Law) - Think First & Stay Safe is an age-appropriate, non-frightening, and personal body safety education program. Under Erin's Law, Autauga schools are required to teach age appropriate personal body safety in grades Pre-K -12.

**Let's CONNECT!**

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