## CONNECTING WITH THE SCHOOL COUNSELOR



April 15th is "Purple Up!" Day. It is a day we wear purple to show support and thank military children for their strength and sacrifices.

> National Autism Awareness Month

World Autism Awareness Month is observed every year in April to raise awareness about autism and how it affects not only those who live with it, but people around them as well.



## Happy, Healthy Kids TIP:

Rather than asking your child, "How was your day?" and them replying again with, "good." Try asking, "What was the best part of your day?" "What did you learn?" "Who did you play with?" "Who did you sit with at lunch?"

We are Learning!

**Self-esteem** -how much you appreciate and like yourself

**Integrity** –being honest, responsible, and dependable. Integrity means being courageous enough to do what you know is right even when it is difficult.

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