

# SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary  
October 2025

## JUST A NOTE

Brains are amazing & they grow stronger with practice! **Responsibility** is doing what needs to be done & owning our choices. It helps build confidence & makes smoother days at school & home. Some examples are starting work & returning materials at school, & getting ready & cleaning up at home. If you want to help your child be more responsible, pick one daily job for two weeks, teach it when calm, add a picture cue & give a short prompt, then recognize their efforts!

## WORDS TO CONSIDER

**For Caregivers:** I can provide structure, model responsibility, & praise progress.

**For Students:** I can own my choices, try my best, & make it right if I need to.

## Word of the month...

This month teachers will be looking for students who demonstrate the competency "**Accountable Self Starter**" displaying traits such as responsibility & a positive outlook. Students showing these characteristics may be chosen as a **Student of the Month**.

### An **Accountable Self Starter**

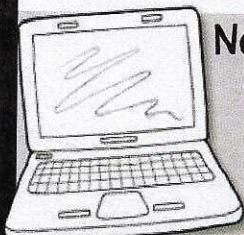
"accepts responsibility for outcomes, seeks out feedback, & begins projects independently."

This is one of the competencies that help make up the CCPS Profile of a Graduate, or essential skills that Students need to master to be successful in today's world.

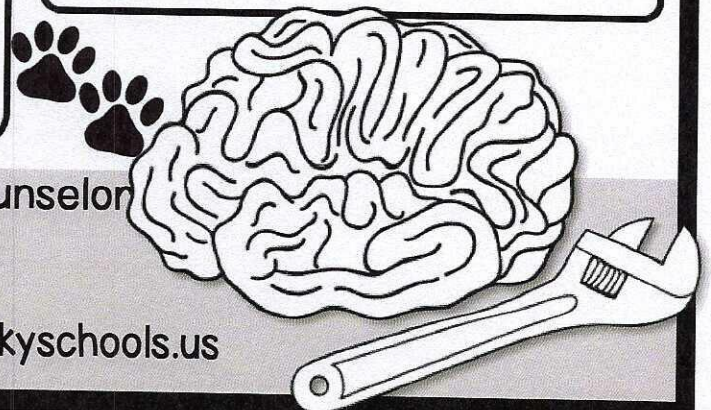


## THIS MONTH

During September I introduced myself to Kindergarten through 5<sup>th</sup> grade classes & have almost completed individual Minute Meetings with all 1<sup>st</sup> through 5<sup>th</sup> grade students. SEL (Social Emotional Learning) classroom lessons will begin after Fall Break.



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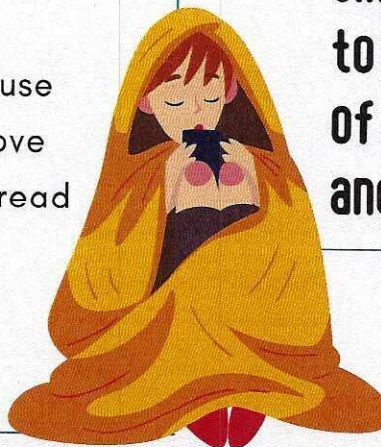
*mental health highlight*  
**SELF-CARE IDEAS  
FOR FALL**

CHANGING WITH THE SEASONS



## GET COZY

- Light a fall-scented candle or use a diffuser with cinnamon or clove
- Wrap up in a soft blanket and read a comforting book
- Make a warm drink like tea, cider, or cocoa and sip slowly

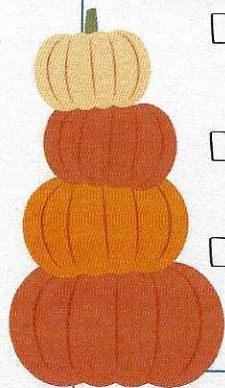


Simple ways  
to take care  
of your mind  
and body this fall

## STAY CONNECTED

## ENJOY NATURE

- Take a walk and enjoy the changing leaves
- Visit a pumpkin patch or apple orchard
- Bring fall indoors with pinecones, leaves, or acorns



- Reach out to a friend for a walk, coffee, or call
- Send a handwritten note to someone you miss
- Join a local class or group to meet new people



## AFFIRMATIONS FOR FALL

Just like the seasons, our thoughts can change. Affirmations help gently guide those thoughts in a more supportive direction.

- ▶ I allow myself to slow down and breathe deeply.
- ▶ I welcome change and trust the season I'm in.
- ▶ I find peace in quiet moments.
- ▶ I am grateful for the simple joys around me.
- ▶ I make space for comfort, reflection, and healing.
- ▶ I am safe, supported, and deeply rooted.
- ▶ I honor the beauty in endings and the promise of new beginnings.

