

COUNSELOR CORNER



This Week's Toolbox Tool: Garbage Can Tool

- **Tagline:** "I let the little things go."
- **Gesture:** Place one hand on your hip creating an open semicircle. With the other hand, make a "throwing-away" gesture into the open space under the arm.
- **Icon:** Garbage Can
- **Concept:** We can take responsibility for what we do with other people's words and actions. Sometimes we need to listen more carefully to what is behind the words and find a resolution but sometimes the best choice is to throw harmful words away.

This week we are learning about the Garbage Can Tool. We teach children to imagine having an invisible garbage can to throw mean words into.

How many times have you told your child "Just ignore them!" when someone is getting on their nerves?

This tool teaches children not to take things personally and let the little things go. Students will learn to immediately handle difficult situations but understand when it is important to problem solve.

Upcoming Events

- 02/07 - 02/11 NATIONAL SCHOOL COUNSELING WEEK
- DRESS DAYS TO SUPPORT COUNSELING PROGRAM
- 02/14 - SPIRIT DAY: VALENTINES DAY COLORS
- 02/17 - KIDS HEART CHALLENGE-AMERICAN HEART ASSOCIATION
- 02/18 - SPIRIT DAY: PATRIOTIC DAY
- 02/21 - NO SCHOOL - PRESIDENTS DAY
- 02/22 - SPIRIT DAY: TUESDAY
- 02/22 -02/25 - STARLINE BOOK FAIR
- 02/28 - SPIRIT DAY: CAT IN THE HAT DAY (WEAR A HAT)

After School Activities

- TUTORING - MONDAYS/WEDNESDAYS
- SAP GROUP- TUESDAY

Reminders

EARLY RELEASE - THURSDAYS @ 1:00PM

02/21 - HOLIDAY: NO SCHOOL

Online Learning Resources

<https://www.lhusd.org/learningresources>

For More Information

Marti.Martin@lhusd.org



Dear Parents,

As your child's school counselor, I support their social, emotional, and academic development. In recognition of National School Counseling Week, I would like the students to participate in the following activities:

Monday, February 7, 2022

I love being a school counselor because...

My counselor will share information about what a counselor is and what it means to them on her Toolbox highlight bulletin board and monthly newsletter.

Tuesday, February 8, 2022

My school counselor knows I have a bright future!

Dress Day: Students may wear neon or bright-colored SOCKS to school.

Wednesday, February 9, 2022

Starline students are going places!

Dress day: Students dress like a tourist or wear a shirt from a place you have visited.

****Please follow school dress codes****

Thursday, February 10, 2022

My school counselor loves when I show my heart to others!

Dress day: Students may wear red or pink shirts.

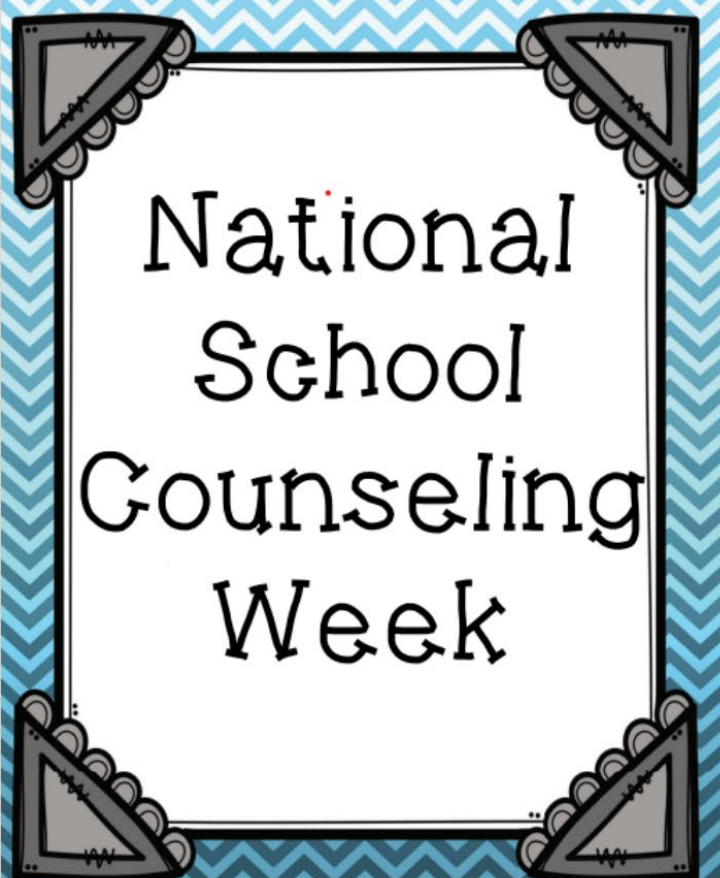
Friday, February 11, 2022

My school counselor says it is National Make a Friend Day!

Friendships are important. Make a special effort to meet someone new (student or staff). Flash a smile and wave hello!

Thank you for your support,

Miss Martin, School Counselor



National School Counseling Week



The Role of the School Counselor

School Counselors work as a team with students, teachers, and families. Their job is to help kids grow in their academics, social/emotional development, and in their college and career goals. They work with students on building skills to be better learners today, and caring, responsible adults in the future.



Five Fun Facts About Your School Counselor

1. Where I went to college:
Northern Arizona University
2. Favorite sports team:
Cardinals // SD Chargers & Diamondbacks
3. Hobby or activity I enjoy:
Art/crafts, off-roading, Camping, Hiking,
Paddle boarding
4. Best subject when I was in school:
Science, Art
5. What I wanted to be when I was your age:
FBI agent



How I Can Help

Academic Development:

School Counselors work with students to write SMART goals for academic success. They also teach about growth mindset and grit to help students push through challenges while learning.

Social/Emotional Development:

School Counselors teach important skills such as conflict resolution, emotional regulation, and stress management. These skills help students to be resilient and see failure as an opportunity for growth.

College/Career Development:

School Counselors are knowledgeable on post-secondary options, qualifications, and educational requirements for a variety of careers. They provide opportunities for students to explore their learning styles and career interests, while helping them to set goals and plan for their future.

My Why

I wanted to become a school counselor because...

I WANT CHILDREN TO HAVE AN ADULT THAT CARES ABOUT THEIR WELLBEING AND LET THEM HAVE A VOICE. HELP THEM NAVIGATE CHALLENGES, FEEL CONFIDENT IN THEMSELVES AND COMFORTABLE AT SCHOOL. MY GOAL IS FOR THEM TO SOLELY THRIVE.

My favorite thing about being a school counselor is...

BUILDING RELATIONSHIPS WITH STUDENTS, STAFF, AND FAMILIES. I LOVE CONNECTING WITH THE STUDENTS AND WATCHING THEIR GROWTH. I APPRECIATE THAT I HAVE THE CHANCE TO LEARN FROM STUDENTS EACH DAY I AM BEYOND GRATEFUL WHEN STUDENTS FEEL COMFORTABLE COMING TO ME ON THEIR ROUGHEST DAYS.