

SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary
April/May 2026

Word of the month...

April: Career/Work Ready
(Teamwork, conflict resolution, self-control.)



Students displaying these characteristics may be chosen as **Student of the Month**. A **Career and/or Work Ready** student "works with or without supervision, displays professionalism, and values teamwork." This is a competency of the CCPS Profile of a Graduate (essential skills students need to master for success in today's world.)

May: Perseverance

Something to Consider...

For Caregivers: I can notice signs of stress and guide my child through it.
For Students: I can notice when I feel stressed and use tools that help me feel better.

CONNECTION POINT

Stress can feel overwhelming, but kids can learn to handle it with your support. Keep routines steady, offer quiet time after school, & use tools like a fidget toy, breathing video, or coloring page to help them relax/reset. Try suggesting, "Let's take a break together" during stressful times. These strategies help kids feel safe, supported, & better able to work through stress.

THIS MONTH

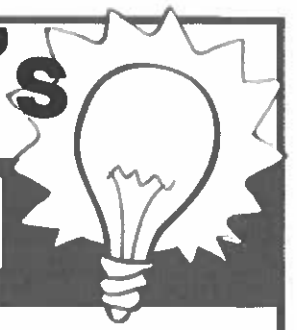
In SEL (Social Emotional Learning) classroom lessons, students have been/are learning about careers and

how what they are learning now will help them in the future.



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supporting your child's MENTAL HEALTH



highlights

Foster **positive mental health** in your child by promoting **healthy routines**, such as ensuring **adequate sleep, exercise, nutrition, and limiting screen time**.

signs of struggling

While all children experience ups and downs, signs that your child may be struggling with their mental health include:

- Excessive anger or outbursts
- Withdrawing from activities they used to enjoy
- Frequent crying or persistent sadness
- Excessive worry
- Frequent physical complaints (e.g., headaches, stomachaches)
- Changes in eating and sleeping habits
- Talking about or showing signs of self-harm
- Irritability
- Problems with focus and attention

mental health is...

Emotional, psychological, and social well-being - how we think, feel, and act.

Positive mental health helps children feel secure and loved, have confidence in their abilities, enjoy activities and interactions with others, and cope with everyday stress.

did you know?

Poor mental health can create a cycle of worsening symptoms.

For example, a child experiencing anxiety might have trouble concentrating in class, leading to poorer performance, which can increase their anxiety.

Early identification and intervention can help break this cycle.

