

SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary
November 2025

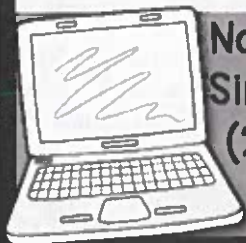
CONNECTION POINT

Help your child build a growth mindset with a simple routine. When you hear "I can't," pause and prompt, "Add yet." Practice the full sentence together: "I can't do this yet." Explain that yet means we are still learning. Ask, "What is one small step you can try?" Invite them to choose and try for three minutes. Afterward, reflect: "What worked? What will you try next?" Praise effort and strategy. "You kept going and tried a new way," so yet becomes a habit.

SOMETHING TO CONSIDER...

For Caregivers: I can model how to face challenges with calm and courage.

For Students: I can keep trying even when something feels tricky.



Natalie Westerfield, School Counselor
Sinking Fork Elementary
(270) 887-7330

natalie.westerfield@christian.kyschools.us

Word of the month.

This month teachers will be looking for students who demonstrate the competency "**Adaptable Learner**" displaying traits such as a growth mindset. Students showing these characteristics may be chosen as a **Student of the Month**.

An **Adaptable Learner** "willingly pursues knowledge for personal or professional growth outside of formal schooling and adjusts understanding with new information." 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

SEL (Social Emotional Learning) classroom lessons began after Fall Break and will continue for K through 5th grade classes. Lessons have covered topics such as "Kind vs. Hurtful Words" & "Giving Best Effort." I have completed 335 Individual Minute Meetings with 1st through 5th grade students.



YET!



1 What is Chronic Absenteeism?

Definition:

Chronic absenteeism means missing 10% or more of the school year



Why It Matters:

These absences, even if excused, can add up and impact your child's success.

2 Why Chronic Absenteeism is a Problem

Academic Impacts:

- Students fall behind in reading and math, making it harder to catch up.
- Missing class creates gaps in learning that affect grades and long-term success.

Social and Emotional Impacts:

- Regular attendance helps students feel connected to friends and teachers.
- Missing school can lead to feelings of isolation and lower confidence.

The Long-Term Effect:

Students who are chronically absent in middle school are more likely to struggle in high school and have lower graduation rates.

3 Common Reasons for Absenteeism

- Tired and unmotivated to go in the morning.
- Kept home for mild illnesses that don't require absence.
- Transportation issues.
- Lack of supervision or routines in the morning.
- Other family or home-based factors.

EVERY DAY COUNTS:
WHY ATTENDANCE
MATTERS



Small changes at home can make a big difference in attendance!

4 The Importance of Attendance



That's nearly a whole month of lost learning!

Attendance = Achievement:

Students who attend school regularly are more likely to:

- Stay on track with their classmates.
- Build positive relationships with peers and teachers.
- Develop lifelong habits for success.

5 Let's Work Together to Improve Attendance

How We Can Help:

- Support with nighttime and morning routines.
- Exploring motivators and incentives for attendance.
- Accountability (clear consequences for missing school) plus high support (developing a plan)
- Help with transportation or resources.



GOAL

To ensure every student thrives academically, socially, and emotionally



CALL TO ACTION

Families who collaborate with the school are 5 times more likely to improve their student's attendance than families who don't collaborate.

Together, We Can Help Your Child Succeed!
Attendance is the first step toward a brighter future.