

SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary
September 2025

JUST A NOTE

Hi! I'm Mrs. Westerfield, the School Counselor. You can find more information about my role on our school's web site at <https://sinkingfork.christian.kyschools.us> Click the "Academics" heading & choose the dropbox for "School Counselor" for more information about me, Social Emotional Learning, and the monthly Character & Competency Words for Student of the Month. Please contact me with any questions or concerns about your student that I can assist you with.

WORDS TO CONSIDER

For Caregivers: I can stay curious about my child's day and make space for connection, one question at a time.

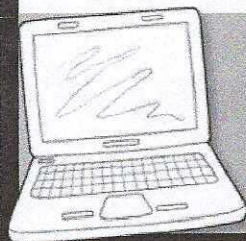
For Students: I can share my thoughts and stories with people who care.

CONNECTION POINT

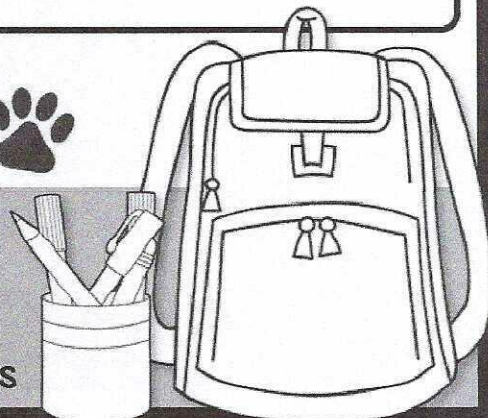
You probably have lots of questions about how your child's new school year is going, but "How was school?" often leads to a one-word answer. Try asking something more specific like, "What felt easy today?" "What's something you learned?" or "Who did you sit with at lunch?" If they're not ready to talk right away, give it time and try again later - maybe while they're having a snack or getting ready for bed - when they may be more open to sharing.

THIS MONTH

I will start "Minute Meetings" with 1st-5th grade students soon. This is a quick check-in so I can meet each student and see how their school year has started out. I will introduce myself to Kindergarten students as a whole class rather than individually at this time.

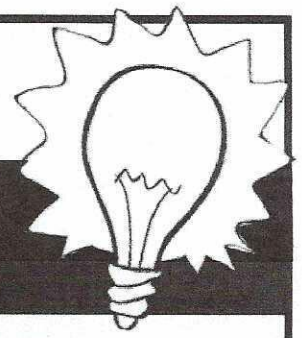


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Encouraging kids...

EMPATHY



Word of the month...

This month teachers will be looking for students who demonstrate the competency **"Empathetic Communicator"** displaying traits such as empathy, kindness, and listening skills. Students showing these characteristics may be chosen as a **Student of the Month**.



What is it?

Empathy means taking a walk in someone else's shoes and imagining how someone else might feel. Encourage your child to pause and think, "If that happened to me, how would I feel?" This helps them notice clues like facial expressions, tone of voice, and body language. When they understand those feelings, they can respond in caring ways, like offering a kind word, listening, or helping. These moments strengthen connections and build understanding.



did you know?

Empathetic Communicator 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.

An **Empathetic Communicator** "effectively expresses oneself verbally and in writing, actively listens, and interacts meaningfully with those from all backgrounds and cultures."



Give it a try!

For Caregivers:

"I can help my child practice noticing and understanding others' feelings."

For Students:

"I can use empathy to treat others the way I want to be treated."