

# Sparkler Counselor Newsletter

SECOND QUARTER



## BULLY PREVENTION

As part of the comprehensive counseling program, school counselors provide guidance lessons to students to help prevent bullying and promote assertiveness and respect.

The guidance lessons include:

- Defining bullying
- Recognizing the difference between conflict and bullying
- How to respond to and report if you, or others, are bullied
- Identifying trusted adults to go to for help

Please visit the FBISD Bullying and Reporting website to learn more:

[FBISD Bullying and Reporting](#)

## CHARACTER TRAITS OF THE MONTH

### October: Respect

Respect is showing others they are important by what you say and do

### November: Citizenship

Citizenship is doing your duties and responsibilities in your community

### December: Gratitude

Gratitude is letting others know you see how they have helped you



## UPCOMING EVENTS

- Share Your Holidays Food Drive - Nov. 10 - 21<sup>st</sup>
- Generation Tx Week- Nov. 10 - 14<sup>th</sup>
- Junior Achievement Day at SME - Nov. 20<sup>th</sup>
- Thanksgiving Break - Nov. 24 - 28<sup>th</sup>
- PTA Holiday Shop - Dec. 8 - 12<sup>th</sup>
- Holiday Parties - Dec. 19<sup>th</sup>
- Early Release Day - Dec. 19<sup>th</sup>
- Winter Break- Dec. 22<sup>nd</sup> - Jan. 7<sup>th</sup>
- 2<sup>nd</sup> Semester Begins - Jan. 8<sup>th</sup>
- MLK Holiday- Jan. 19<sup>th</sup>

## GENERATION TX WEEK

Generation Texas Week teaches students about the importance of education, and highlights postgraduate options, such as college, technical schools, the military, and other career opportunities.

Throughout this week, we will discuss how our students are the future of and how a good education will help them achieve their dreams. To draw attention to and celebrate these important concepts,

We are also encouraging all community members to join us for our next CCMR night all about Generation Texas week on Wednesday, November 19, 2025.

[CCMR NIGHT ALL ABOUT GENERATION TEXAS WEEK](#)

## SCHOOL COUNSELOR REFERRAL

If you would like me to speak with your child, please complete a counselor referral form by clicking on the link above.



Dear Sugar Mill Parents/Guardians,

Greetings! My name is Roxanne Hrar, and I am the professional school counselor at Sugar Mill Elementary. The elementary years are a time when students begin to develop their academic self-concept and understand how they learn and build confidence in their abilities to be successful at school. It's also a time when students develop decision-making and communication skills in addition to character values. As students grow and learn throughout the elementary years, they acquire and develop attitudes towards self, peers, school, social groups, and families.

Elementary school counselors are uniquely trained educators in learning strategies, child development, self-management, and social skills. As an elementary counselor, I implement a comprehensive school counseling program to support student success. This includes guidance lessons that align with the Fort Bend ISD Profile of a Graduate, focusing upon knowledge, attitudes, and skills students need to acquire in support of academic, social/emotional, and career development. These skills serve as the foundation for future success.

For the 2025-2026 school year, guidance lessons may include the following topics:

- Character Education (This year's traits: Responsibility, Fairness, Respect, Citizenship, Gratitude, Courage, Kindness, Integrity, Cooperation, and Leadership)
- Friendship/Getting Along with Others
- Bully Prevention
- Mental Wellness and Safety Resources (Grades 3-5)
- Assertiveness Skills to Support Student Safety (ChildBuilders Lessons)
- Conflict Resolution
- College and Career Exploration
- Understanding Differences (in support of No Place for Hate)
- Making Healthy Choices (in support of Red Ribbon Week)
- Transition to Middle School (5<sup>th</sup> grade only)
- Mindfulness/Coping with Stress (Grades 3-5)
- Now That You're Ten (Delivered to 4<sup>th</sup> grade and 5<sup>th</sup> grade by the Fort Bend County Sheriff's Department to educate students about Texas laws that affect children once they turn age 10).

I look forward to seeing your child this year. If you have additional questions, or you would prefer your child not participate in specific guidance lessons, please contact me at [Roxanne.hrar@fortbendisd.gov](mailto:Roxanne.hrar@fortbendisd.gov) or 281-634-4444.

Sincerely,

Roxanne Hrar