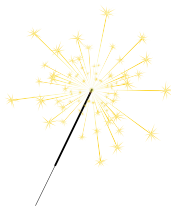


Sparkler Counselor Newsletter



FOURTH QUARTER



MANAGING STRESS & TAKING CARE OF YOUR MIND AND BODY

The spring semester is an exciting and busy time of year as students enter testing season and students, staff, and families prepare for changes at the end of the school year. There are many coping strategies that students and adults alike can use to help manage emotions or stress during challenging experiences or change. Breathing exercises, meditation, positive self talk, journaling, movement, and rest are some examples of calming strategies and self care to help manage emotions, and take care of the body and mind.

Bo's Place has created a helpful graphic of calming tools students and adults can use. Please see this helpful handout shared on the back of this newsletter.

CHARACTER TRAITS OF THE MONTH

March: Integrity

Integrity is choosing to be truthful in whatever you say and do.

April: Cooperation

Cooperation is working together to do more than you can do alone

May: Leadership

Leadership is being a role model that inspires and motivates others

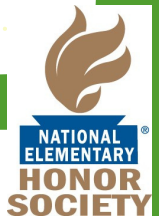


UPCOMING EVENTS

- 3rd - 5th Grade STAAR Testing Window 4/6 - 4/24
- National School Counselor's Week 4/20 - 4/24
- SME Career Day 5/8
- Sparkler Fair 5/15
- Sparkler Party/Last Day of School 5/28

End of the Year Award Ceremonies

- May 14th-- 9:30 Kinder and 2:00 1st Grade
- May 15th-- 9:30 PreK and 2:00 2nd Grade
- May 20th-- 2:00 3rd Grade
- May 21st-- 2:00 4th Grade
- May 22nd-- 8:30 5th Grade/Celebration



STUDENT LEADERSHIP SPOTLIGHT SME NEHS

The Sugar Mill National Elementary Honor Society (NEHS) has sponsored two successful service projects this school year benefiting local communities in need. The Share Your Holidays Food Drive and the Lead with Love Sock Drive were such a success thanks to our community of generous, kind, and compassionate students, families, and community members. Our chapter is excited to share the impact of these donation drives:

- Share Your Holidays Food Drive: 181 canned/package food items donated
- Lead with Love Sock Drive: 200 pairs of socks donated



**SME CAREER DAY
IS FRIDAY,
MAY 8TH**

**SIGN UP USING THE QR
CODE TO BE A CAREER
DAY SPEAKER!**

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.



Coping with Emotions: Taking Care of Your Mind and Body

Progressive Muscle Relaxation



Sit up tall with both feet on the floor. Squeeze and tense up the muscles in your feet. Hold, then release. Squeeze the muscles in your legs. Hold, then release. Repeat for: back and shoulders, arms and hands, head and neck, whole body.

Deep Breathing



Take a few deep breaths. When you breathe in you want your belly to fill with air and get bigger like a balloon. Inhale for five seconds, hold, exhale for five, hold. Repeat a few times.

Engage the 5 Senses



Close your eyes or look down for about 30 seconds and focus only on what you hear. Switch senses to focus on smell, taste, touch, and sight.

Exercise



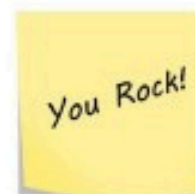
Get moving! Go for a walk or run, stretch, play a sport or active game, dance, etc.

Draw or Write it Out



Release your thoughts and feelings on to paper.

Positive Affirmations



Give yourself uplifting reminders. Name something you like about yourself. Tell yourself something positive.