

Counselor's Corner

October &
November 2025



Important Dates

Wednesday, Oct. 22nd

Wear **ORANGE** for **Unity Day** (as part of Bullying Prevention Month)

Friday, Oct. 24th

PINK OUT day for Breast Cancer Awareness Month

Monday, Oct. 27th – Friday, Oct. 31st

2nd grade Universal Screener (CogAT/GT testing)

email reminder will go out soon

Monday, Oct. 27th – Thursday, Oct. 31st

Red Ribbon Week – see page 2 for info

Thursday, Oct. 31st

- Book Character Day/Parade at 8:30am– All students & staff are encouraged to dress up as their favorite book character. No full-face masks or play weapons please! ☺
- Parents/guardians are welcome to come watch! Please check-in at the front desk.

Monday, Nov. 3rd – Friday, Nov. 14th

GT testing for kindergarten – 5th grade (except 2nd grade) email reminder will go out the week before

Monday, Nov. 3rd

NEHS monthly meeting in the library at 7:30am

Friday, Nov. 7th

“Student of the Month” Breakfast celebration for October – see paper invite & upcoming email

Monday, Nov. 24th – Friday, Nov. 28th

Thanksgiving Break – No School

Mrs. Hsu's contact information:

Email: angela.hsu@fortbendisd.gov

Phone #: 281-634-4164

Highlands ES Counseling website:

<https://www.fortbendisd.com/Domain/8212>

October is Bullying Awareness Month

October is Bully Awareness and Prevention Month! To help prevent bullying at Highlands, we are providing strategies for students to resolve conflicts with peers — like speaking to the other person directly and then seeking adult help. Teachers are also building a positive classroom community where students are encouraged to share their feelings amongst each other and with the teacher. **Parents & guardians** – please be mindful if you allow your child to have a cell phone. Set limits, **monitor daily usage**, and have conversations with your child about appropriate language and content. See page 2 for more information.

PreK – 2nd grade will learn the definition of bullying and the importance of kindness. Students will learn different strategies to stand up for himself/herself and getting adult help when needed. A child can ignore mean words or actions, but most importantly, you child will learn to say, “Stop! I don’t like that!” in a strong, brave voice.

Hispanic Heritage Month and Diwali celebrations at Highlands

What a wonderful and joyous October it has been so far. See page 3 and 4.





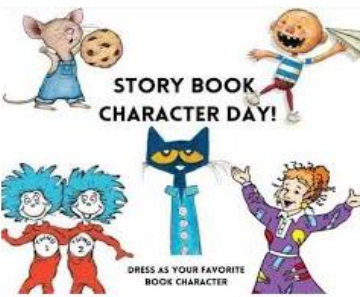
September in Reflection

We had a wonderful turn-out for the “Turn it Gold” Childhood Cancer Awareness walk. We honored the following former Highlands Scottie students: Damien L. – was a 2nd grader and passed Sept 2019; Parishey H. – was a PK student and passed December 2019; Luciana Q. – was a PK student in 2021 and beat cancer! Her family moved to Washington state. See page 6 for pictures of the walk.

“Student of the Month” and September spirit stick recognition – page 5.



RED RIBBON WEEK

Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
<p>We are "RED"-y to say NO to drugs!</p> <p>Wear Red</p> 	<p>We are too bright to do drugs!</p> <p>Wear Neon Colors</p> 	<p>We are a Drug-Free School!</p> <p>Wear Highlands shirt/colors</p> 	<p>Celebrate Life & Live Drug-Free!</p> <p>50th Day of School!</p> 	<p>We have a story to tell!</p> <p>Dress as your favorite storybook character (no Halloween costumes)</p> 

On Thursday, October 30th for Red Ribbon Week, 5th graders will have a Virtual Vaping Presentation by MD Anderson during Outclass. If you have any questions about the presentation, please email Nurse Hayes at Edith.Bryanthayes@fortbendisd.gov

Bullying/Cyberbullying Prevention and Internet Safety

During guidance lessons on bullying, the students are discerning the difference between bullying and non-bullying situations, techniques on how to help someone who is being bullied, and the steps that they should take to report bullying. With grades 3-5, we will talk about cyberbullying with social media and texting. Highlands Elementary is a "No Place for Hate" campus—we strive to have a safe environment and an atmosphere where all students feel valued. **We encourage parents to contact us immediately if you know that your child is being treated inappropriately at school.** Bullying is hurtful and it will not be tolerated. It's important that the students use internet safely, such as being mindful of what he/she posts or texts others. FaceTime group conversations and texts via phones & iPads are considered social media access – Be mindful and set limits at home. If avoidable, hold off giving your child a personal cell phone for as long as possible.



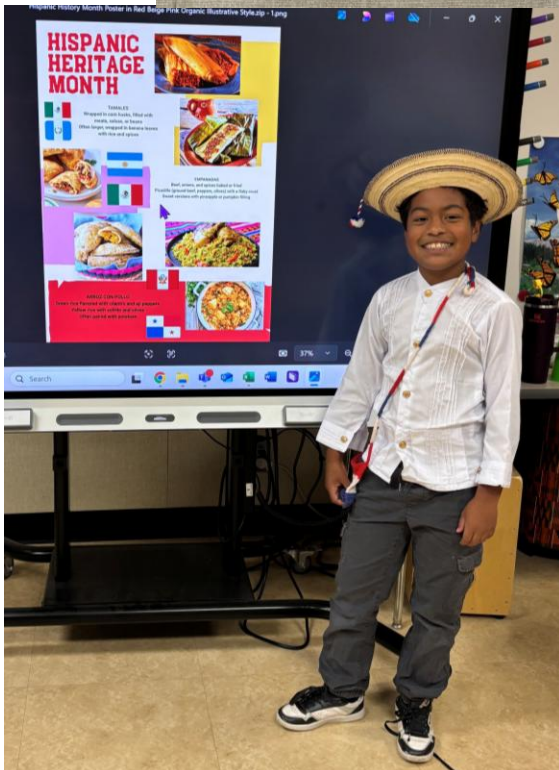
- Check your child's phone texts and activities every night
- LIMIT your child's texting and phone chats to a set time – for example, no phones after 8pm – and have your child **hand** the phone to you
- Have your child's phone charging in your room or common space and not their own room
- Please have a meaningful conversation with your child about coming to you if a kid tells them/sends them inappropriate things, pictures, etc. – that way you can notify another adult for help

Ultimately, we are adults caring for our students, because they are still kids.

Please be aware that there are age restrictions for children to open social media accounts. **Majority of the ones that our students are using have an age restriction of 13.** Some sites can be a dangerous place for younger children, potentially exposing them to bullying, inappropriate content or grooming.

National Hispanic Heritage Month

Thank you to our NEHS students, Riya and Kendall, and an amazing Highlands parent, Mrs. Harris for creating our bulletin board for Hispanic Heritage Month. Luciano H. had a special presentation to our kindergarteners about the various delicious foods of tamales, arroz con pollo and empanadas. He dressed in a traditional outfit to perform a folkloric dance called “zapateado”.



Diwali – October 21st

Thank you to Riya and Dr. Patel, another fabulous Highlands parent, for preparing an inspirational and educational presentation during our morning announcements about the Festival of Lights! Be sure to stop by the cafeteria for this beautiful backdrop to take pictures!

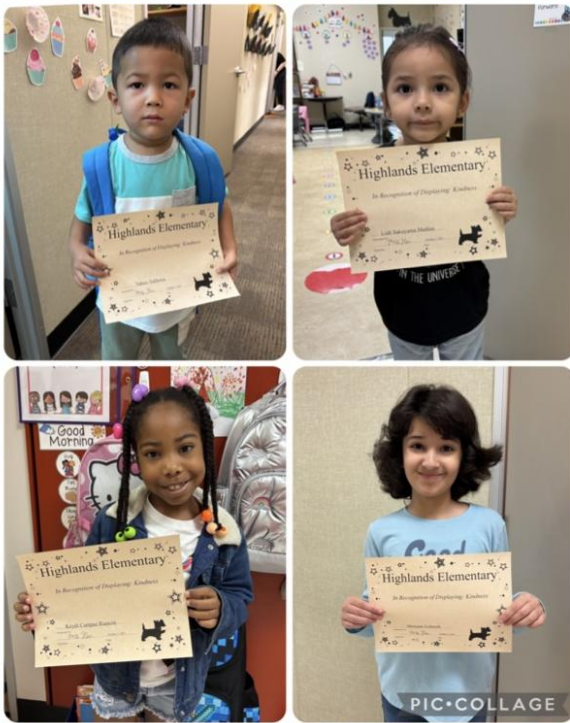


Spirit Sticks and “Student of the Month”

Congratulations to all our students who showed kindness to everyone around them in your words and behavior. We feel so loved by these compassionate students. The list combines students who earned a “Kindness” spirit stick and/or the “Student of the Month” title. The picture is from the September “Student of the Month” breakfast celebration.

September - Kindness

Charlotte P.	Jasper G.	Nathan R.	Nathan G.	Keydi C.
Keith L.	Aiden C.	Sylvek	Samuel P.	Berkeley L.
Avery M.	Juliette L.	Jax J.	Jeo M.	Grace G.
Adaline C.	Margaret C.	Ben W.	KJ W.	Aria C.
Kai E.	Mila K.	Anabella L.	Kendall C.	Noah M.
Nicolas R.	Emmitt S.	Inaya A.	Mark R.	Nolan N.
Leila A.	Jojo O.	Herman V.	Joanna B.	Lucas L.
Graysen Z.	Ruby C.	Santiago T.	Levi C.	Bailey G.
Malak A.	Levi S.	Mirha H.	Meryam E.	Charlotte W.
Ryan H.	Delilah S.	Evelyn T.	Miles N.	Cortney B.
Maya H.	Madelynn S.	Khaled K.	Camila R.	Reva J.
Kaeleigh C.	Mila D.	Tobias S.	Myrtle A.	Emily P.
Tegan K.	Lamaisah	Sahab E.	Mikayla A.	Imani S.
Jacob B.	Jonas A.	Liah S.	Yahyo T.	Aaliyah J.
Hazel G.				



September "Turn it Gold" Walk for Childhood Cancer Awareness

