



Welcome to

# The Counselor's Den

Leonetti Elementary



School Counselor Newsletter

## A MESSAGE FROM MS. NEWSOME

Hello families!

Happy New Year! As we begin January, we are helping students ease back into routines, set positive goals, and build healthy habits for the months ahead. This is a great time to talk with your child about trying their best, staying organized, and asking for help when needed. Please don't hesitate to reach out if you have questions or would like support for your child. Working together makes a big difference.

Wishing your family a wonderful start to the new year!



Counseling Lessons Parent Letter

[Download](#)

234.4 KB

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## WHAT'S HAPPENING?



Jan. 1: *Global Family Day*

Jan. 8: **Welcome back students!**

Jan. 16: **5th Grade RTMS Visit**

Jan. 19: *Martin Luther King Jr. Day of Service*, **NO SCHOOL**

Jan. 19-23: *No Name Calling Week*

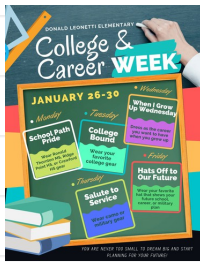
Jan. 26-30: **College & Career Week** (dress up days on flyer below)

Jan. 28: **DLE Career Day**

Jan. 26-Feb.13: **Middle School Course Selection Window**

Feb. 2-6: National School Counselor Week





## College & Career Week Dress Up Days



## National School Counseling Week Coming Soon



### Counselor Chats Webinar - Coming Soon

Our next Counselor chat will be in the 3rd nine weeks of school. The topic will be chosen based on survey responses. Registration information will be available in the February newsletter.

### Previous Counselor Chats

Click the link below to view the past webinars. Please be sure to complete the survey after viewing to help plan for future webinars.

[Counselor Chats: Bullying Prevention](#)  
[Post Webinar Survey](#)

[Counselor Chats: Anxiety](#)  
[Post Webinar Survey](#)



**All About Bullying Parent Handout**

**Download**

180.0 KB



**Tips for Supporting Kids Who Feel Anxious**

**Download**

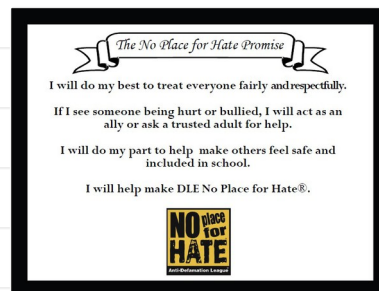
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## No Place for Hate

Donald Leonetti Elementary is proud to be an Anti-Defamation League "No Place for Hate" school. We are committed to making our campus a safe school with a culture that values all students and staff. We are doing amazing things to:

1. Build an inclusive and safe community in which respect is the goal, and all students can thrive.
2. Empower students, faculty, administration and family members to take a stand against hate and bullying by incorporating new and existing programs under one powerful message.
3. Send a clear, unified message that all students have a place to belong.

Students at DLE signed the Resolution of Respect on September 19th and all staff and family members are encouraged to sign as well.



[Sign the Resolution of Respect for DLE](#)

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## 5th GRADE TRANSITION TO MIDDLE SCHOOL

### From Lions to Thundercats Newsletter

Here you will find all information, upcoming dates, and activities pertaining to 5th graders' transition to middle school.

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## CHARACTER TRAIT



**Perserverance  
is not giving up  
even when things  
are difficult.**

**PERSERVERANCE**

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## BOOK OF THE MONTH

### "Have You Filled a Bucket Today?" by Carol McCloud

This story introduces the idea that everyone carries an invisible bucket that holds their feelings. When we are kind, helpful, or encouraging, we "fill" others' buckets, and our own. When we are unkind or hurtful, we "dip" into buckets instead. I love this book because it helps students understand kindness, empathy, and responsibility for their behavior. It highlights the power of positive words and actions and shows how even small choices can make a big difference.





## ACTION FOR HAPPINESS CALENDAR

Happier January 2026

MONDAY



5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

TUESDAY



6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

WEDNESDAY



7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently

THURSDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

FRIDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

SATURDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

SUNDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



ACTION FOR HAPPINESS

Happier · Kinder · Together



## CONTACT THE COUNSELOR

As your child's counselor, I value the strong partnership between school and home. By working together, we can best support your child's academic, social, and emotional growth. Please don't

hesitate to reach out.

Phone: (281) 327-3196

Email: [monet.newsome@fortbendisd.gov](mailto:monet.newsome@fortbendisd.gov)



## Parent Counselor Conference Request

## Student Request to Speak to the Counselor



### Counseling / Counseling Home

A Professional School Counselor is available at Donald Leonetti Elementary School to provide a Comprehensive Developmental Guidance Program and services for all students in the areas of:

[fortbendisd.com](https://www.fortbendisd.com)



**Monet Newsome, School Counselor**