

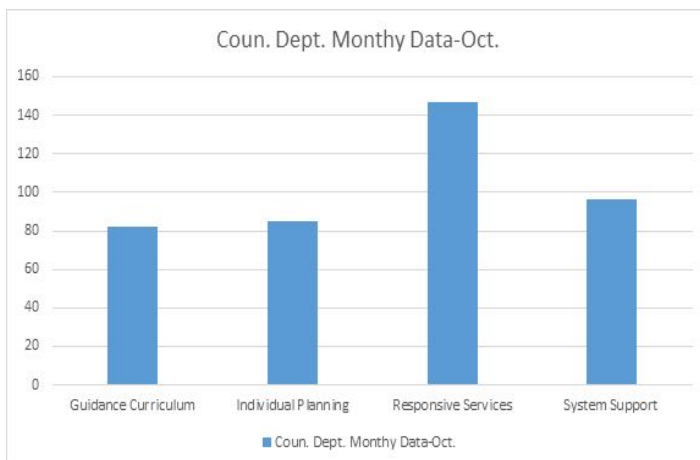
November 2017

Harlan Counseling Newsletter



HAWKS PRIDE

Our counselors have been busy helping students succeed. We were in classroom guidance, created four year plans, started small groups and helped students with their emotional needs. Check out our monthly data for the month of October.



Students participate in RRW activities!



What's Going On?

- Nov. 1st-3rd- Career Planner for Sophomores
- Nov. 13th- World Kindness Day
- Nov. 13-17 Harlan National College Week

News

1. **Caught You Doing Good!** Please click on the link to nominate a student/staff member you witnessed doing a good deed! We will raffle a prize for all nominees and announce the winners at the end of month.
2. **HAWKS PRIDE-** Character Asset of the month: Kindness
3. **10th Grade Career Planner-** We will be seeing students through W. History classes: Objective: Complete Four Year Plans. Skill Goal: Post Sec. Planning and Career Readiness
4. **FLEX:** Counselors will be available for Enrichment! Every week is a different topic/skill goal!

Week 1 Tip - Thank you Letter. Have students think about someone who has been a hero or an inspiration in their lives. Have students write a letter to that person and have it delivered.

Week 2 Tip - A Chain of Kindness. There are different forms of kindness - kind words, kind actions, kind thoughts etc. If one person could go out of their way to show kindness, then it can start a chain reaction of the same. Have student write kind things on the strips of paper to form a chain of kindness.

Week 3 Tip - Sticks and Stones will break my bones but words will never hurt me (or will they?) Discuss with students the meaning/implications of this saying. Have students write something positive on a post it note that can brighten up someone's day. Have them post it somewhere random for someone to take.

Week 4 Tip - Be kind to YOU. Sometimes being kind starts from within. If you treat yourself with kindness you are more likely to treat other the same way. Kindness is contagious. Discuss as a class, one thing that you can do this week to be kind to yourself?