

October 2017

Harlan Counseling Newsletter



HAWKS PRIDE

Building school culture and expectations in our students takes a village. Please take a few minutes each week to support building Harlan Character in your class with your students. You can use an idea from one of the Tips listed. This month we are focusing on **Respect and Awareness**.

397-7233
24 Hours • Anonymous
text: safe@nisd.net

**NORTHSIDE
SAFE
LINE**

What's Going On?

- Wk of Oct. 9th - Declaration of Respect Week
- Wk of Oct. 9th - Fall Small Groups Begin
- Oct. 18th - 20th 11th grade Career Planner
- Oct. 23rd - 27th Red Ribbon Week
- Oct. 26th - 27th 9th grade Career Planner
- Oct. 25th PSAT
- Oct. 30th NISD College Night @ UTSA

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: Respect and Awareness
3. **9th & 11th Grade Career Planner-** We will be seeing students through W. Geo and English 3 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 - Recipe for Respect- As a class or in groups, have students create a recipe for respect. What ingredients do you need? Have them share their recipes.

Week 2 Tip - Declaration of Respect- Start a class discussion of what *respect* means, Then discuss what respect does *not* mean. What kinds of things or actions could be considered disrespectful? Encourage students to practice the Golden Rule this week.

Week 3 Tip - Self-awareness is a basic life skill that can help us deal with the demands and challenges of life. The ability to say no to yourself to put off short-term gratification for long-term gain, will help you better withstand temptations. Have students make a goal to say "no" to three daily temptations (social media, gossip, junk food, etc.)

Week 4 Tip - Red Ribbon Week-Awareness. Speak to kids about reporting concerns to the 397-SAFE anonymous line. A postcard was put in your mailboxes in August. Please post this in your classroom. If you need another one, please let the counseling office know and we can put another one in your box.