

September 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 **Self-Esteem**.



What's Going On?

- Sept. 7th- Howdy Visit with Freshman
- Wk of Sept. 11th- 9th Grade Guidance
- Wk of Sept. 18th- 10th Grade Guidance
- Wk of Sept.25th- 11th Grade Guidance
- Sept. 28th- Counselors and case managers annual Pre-ARD Meetings

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: Self-Esteem**
3. **9th Grade Guidance- W. Geo Classes- Welcome to 9th Grade! Now What?** Goals: Interpersonal Effectiveness and Post Sec. Planning and Career Readiness
4. **10th Grade Guidance- W. Hist Classes Howdy Visit and Growth Mindset** **Goals:** Interpersonal Effectiveness and Post Sec. Planning and Career Readiness
5. **11th Grade Guidance - Eng.3 Classes Howdy Visit and Sneetches** **Goals:** Interpersonal Effectiveness and Personal Health & Safety

Week 1 Tip Thoughts cause feelings. Daily readings or quotes can help improve the way you feel. Have students download a daily quote app or write down a quote that inspires them to feel better about themselves.

Week 2 Tip Internal traits help build a solid foundation for self esteem. Being kind to others makes you feel good. Encourage students to “pay it forward” by helping another person in need.

Week 3 Tip Movement does a body good. Have your students stand up and do a few stretches to help improve oxygen and blood flow through the body.

Week 4 Tip Gratefulness can help improve your mood. As a class, have each student share a celebration/achievement in their life.