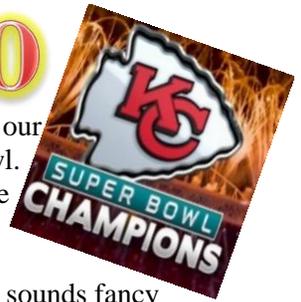




FEBRUARY 2020



Hello friends and how about those **Chiefs**?! It has been a lot fun to watch our students get so excited about the Chiefs playing in and winning the Super Bowl. I hope that you were able to create and share a lot of good memories during the game with your families!



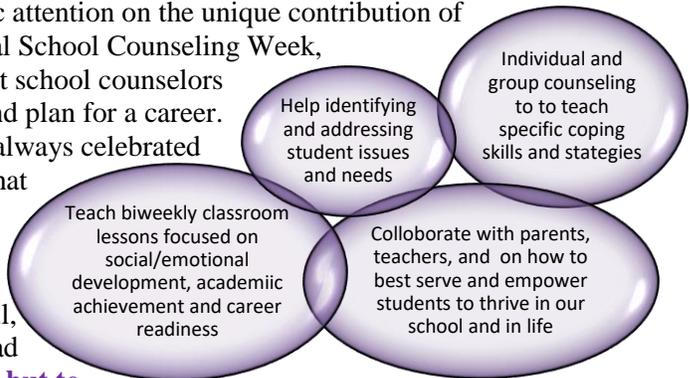
During February, my classroom lessons will be over **Habit 6: Synergize**. That word sounds fancy but basically it just means that we should strive to work together and how you can accomplish more working together than individually. This fits so well with the Chiefs and how one player did not with the Super Bowl, but collectively they worked together to achieve victory! Our culture seems to be driven to be about me and being the best. **I am all about being my best, but I do not need others to fail so that I may succeed at life.** Together we can achieve more! Life is not a competition but rather a team sport!



National School Counseling Week 2020, **“School Counselors: Helping Build Better Humans,”** will be celebrated from Feb. 3–7, 2020, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.



National School Counseling Week is always celebrated the first full week in February. With that being said, to the right is just an overview of what I do at KCE.



Mental Health is such a buzz phrase if you will, in our culture currently. As a counselor, this is not a bad thing! After all, **it is important to not only be aware, but to diligently take care of our whole self**, not just the obvious external features of our bodies. Next month, we will explore this concept in the classroom with Habit 7: Sharpen the Saw. In the meantime, here are some ways that you can help your student to best care for their mental health. We have an awesome and heavy responsibility to teach our children healthy coping skills and self-care for their body and their mind (mental and emotional)! Stayed tuned for more info on that next month!

A Child’s Physical & Mental Health Are Both Important*

Basics for a child’s good physical health:

1. Nutritious food
2. Adequate shelter and sleep
3. Exercise
4. Immunizations
5. Healthy living environment

<https://www.mhanational.org/what-every-child-needs-good-mental-health>

Basics for a child’s good mental health:

1. Unconditional love from family
2. Self-confidence and high self-esteem
3. The opportunity to play with other children
4. Encouraging teachers and supportive caretakers
6. Safe and secure surroundings
7. Appropriate guidance and discipline

Have a wonderful month!

Sincerely,

Melissa Adcock

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