

September 2019



BACK TO SCHOOL!

Welcome back Wildkats!

We have some new students and families, so I want to briefly introduce myself. I am Mrs. Melissa Adcock and I am your student's school counselor. My husband, Eldon and I live near



Guilford with our children, Lillian and Charlie. This is my 3rd year as the elementary counselor and I am here to assist each and every student when they need help. This may look different for each student, but I can meet with students one on one, in groups, as well as consult with teachers and parents. I am here as a **resource** for every student and their families to help them be and do their very best here at King City Elementary. At times students may just need to talk about how they are feeling, whether stressed, sad, happy, mad, scared etc. At other times, students may experience struggles with peer interaction, relationships, academic concerns etc. and may benefit from talking to me about those things. Please feel free to contact me if you would like your student to meet with me.



Each month in my newsletter, I highlight what I am teaching in my bi-weekly classroom lessons. I also want to begin sharing helpful hints and information of ways to help your students navigate the various difficulties they may face. Some of these areas include handling stress, anxiety, developing friendships and relationships, processing and dealing with grief and loss, and how to appropriately communicate emotions and opinions to peers and staff. Please let me know if there are topics that you would like to see me cover or address.

LET ME KNOW



My newsletters are also posted on my page of our school website.

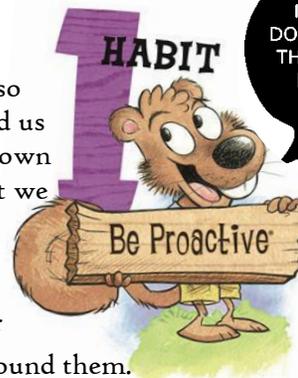


September kicks off my classroom lessons, which our first month will focus on **Habit 1: Be Proactive**. I know some who have heard the 7 Habits for the last several years may be tired of them. However, the 7 Habits neatly present and teach positive character traits that we want our students to exemplify.

This month I will be teaching our students that to be proactive at school, they must be responsible, take **initiative** and choose positive actions, attitudes and moods.

Often times, there is so much going on around us that we do not slow down to think through what we are doing or saying.

A proactive person **chooses** to control themselves in spite of all that is going on around them.



INITIATIVE IS DOING THE RIGHT THING WITHOUT BEING TOLD

As we explore the concept of being proactive, you may hear your students use words like initiative, proactive, being responsible, and I have the power to choose how I act. I encourage you to talk with your students about how being proactive might look in your home and other places.

Have a great month and I look forward to seeing and talking with you soon!

Sincerely,

Melissa Adcock

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