



# Counselor's Corner

**Mrs. Matthews, School Counselor**

**September 2019**

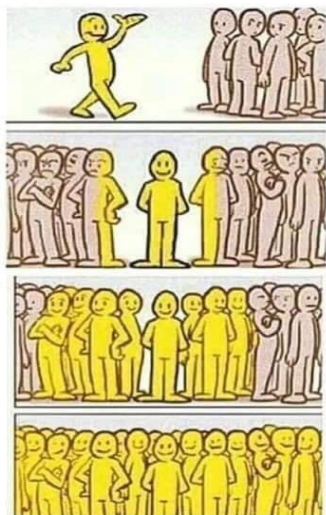
**pg. 1**

## Contact Information:

724-1466, ext. 2049

[matthewsd@pcsb.org](mailto:matthewsd@pcsb.org)

This is how your light changes the world. ❤️



## Start With Hello

As part of a district and nation wide initiative, we will be participating in *Start With Hello Week*, September 23<sup>rd</sup> – 27<sup>th</sup>. *Start With Hello* is a youth violence prevention program developed by Sandy Hook Promise. *Start With Hello* teaches students 3 simple steps to reach out and include those who may be dealing with social isolation and create a culture of inclusion and connectedness within our school environment.



It is our district's expectation that all schools participate and embrace this week. Please see page 2 of the newsletter for ways your child can participate in the fun!

## Classroom Lessons

Did you know that all classroom lessons are based on Florida School Counseling Standards? This month, lessons for all students will focus on developing positive interpersonal and communication skills. Students in kindergarten and 1<sup>st</sup> grade will read *Kindness Starts With You*, followed by an activity where students describe ways they show kindness. Students in 2<sup>nd</sup>-5<sup>th</sup> grade will be taught the *Start With Hello* program, read the following books that illustrate inclusion: 2<sup>nd</sup>-*Invisible Boy*, 3<sup>rd</sup>-*Say Hello*, 4<sup>th</sup> and 5<sup>th</sup>-*I Walk With Vanessa*; and then complete activities regarding how to reach out and include others.



# Counselor's Corner

Mrs. Matthews, School Counselor

September 2019

pg. 2

## Start With Hello Week September 23<sup>rd</sup> -27<sup>th</sup>



**Monday** **H**-High 5's and "Hey there!" - say hello to one new person today.

**Tuesday** **E**-Encourage everyone with your Kindness Superpowers- wear your favorite superhero shirt.

**Wednesday** **L**-Learn the names of others and introduce yourself to someone you don't know- wear green to honor the idea of including others.

**Thursday** **L**-Look for people that need you-sit with someone new, help someone, play with someone new at recess.

**Friday** **O**-Own it! Make it your job to smile and be friendly- wear your SES shirts to show that being kind is the way we do things at Sutherland!



Programs to assist families in need this holiday season:

**Toys for Tots**-please visit <https://t4tpinellas.ptaptsa.org/> for details on the registration process.

The **Salvation Army Christmas Assistance Program** is available to help families with children 12 years old and younger. Registration is September 30<sup>th</sup>-October 2<sup>nd</sup> for families living in Palm Harbor, Tarpon, Ozona, or Oldsmar. If you would like more information and criteria for qualification, please call 934-4476.

