Mrs. Porter's Counselor NEWSLETTER

April 2026

April is Counseling Awareness Month

April is **Counseling Awareness Month**, a time to recognize the important role counseling plays in supporting the well-being of students, families, and school communities. At the elementary level, school counseling focuses on helping children develop the social, emotional, and problem-solving skills they need to be successful both in and out of the classroom. Just like academic skills, these life skills take practice and guidance as children grow.

Throughout the school year, students may visit my counseling office for many different reasons. Sometimes it's to work through friendship challenges, practice calming strategies, build confidence, or talk about big feelings. Other times students stop by simply to check in, celebrate successes, or learn tools that help them handle everyday challenges. My goal is always to create a safe, supportive space where students feel heard, valued, and encouraged.

School counseling also focuses on helping students build skills that last a lifetime, like kindness, resilience, empathy, and courage. By learning how to manage emotions, communicate with others, and solve problems in healthy ways, students are better prepared to navigate both school and life.

Counseling Awareness Month is a wonderful reminder that supporting children's emotional well-being is a team effort. Families, teachers, and school staff all play an important role in helping students feel connected, confident, and ready to learn. Together, we can continue creating a school community where every child feels supported and cared for.

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Supporting Social-Emotional Growth at Home

One of the most important parts of supporting children's emotional well-being is the connection between home and school. Parents play a powerful role in helping children practice the same social and emotional skills they are learning at school. Simple conversations like asking about the best part of their day, talking through a friendship problem, or helping them name their feelings can build strong communication and problem-solving skills. Encouraging kindness, practicing calming strategies when emotions run high, and celebrating effort (not just success) all help children build confidence and resilience. When students hear the same messages about kindness, courage, and problem-solving at both school and home, those skills grow even stronger.

At-Home Ideas to Support Social-Emotional Growth

- **Ask about feelings**: Check in each day with questions like, "What made you happy today?" or "Did anything feel tricky?"
- **Practice problem-solving**: When conflicts arise, guide your child through brainstorming solutions and choosing one to try.
- **Celebrate effort**: Praise persistence and trying new things, not just success.
- **Model kindness and empathy**: Show compassion in your interactions at home. It teaches by example.

Warriors: Rise Up!

In April and May, our *Warriors: Rise Up!* character trait is ***courage***. We will specifically look at the following topics: **What Is Courage?**, **Courage and Your Personal Best, How Can You Show Courage?,** and **Courageous People.**