# Mrs. Porter's Counselor NEWSLETTER

January 2026

## January is National Mentoring Month

This month, schools across the country celebrate **National Mentoring Month**, which is a time to recognize the power that caring relationships have in helping children learn, grow, and feel connected.

A mentor isn't always someone with a formal title. For K–4 children, mentors look like:

- a teacher who notices their effort
- a parent or grandparent who listens
- an older student who takes time to play
- a coach, counselor, or caring neighbor

Mentoring is really about showing up, offering encouragement, modeling kindness, and helping children see their strengths.

Why is mentoring so important for young learners?

- **It builds self-confidence.** When kids feel seen, they believe in themselves more.
- **It strengthens connection and belonging** at school and in the community.
- **It encourages positive choices.** Children often try to act like the people who invest in them.
- **It teaches empathy and leadership**, especially when students have chances to mentor each other.

Families can join in on this focus on mentoring this month, too. Even a few minutes of focused attention, such as reading together, asking questions about their day, or celebrating something they worked hard on,  sends a powerful message that each child matters and that you believe in them.

Let's make January a month where every child feels supported, encouraged, and uplifted by the caring adults and peers around them!

## West Valley's Warriors of Wisdom Mentoring Program

At West Valley, we believe every child deserves a trusted grown-up who shows up just for them. Our **Warriors of Wisdom (WOW)** program pairs caring adult mentors with K–4 students for the entire school year. Mentors meet with their student weekly or every other week, building a consistent, positive relationship that becomes a bright spot in each child's week.

During their visits, mentors and students can enjoy a wide range of activities right here at school, such as reading together, playing board games, doing simple crafts, talking about their day, solving puzzles, working on goals, or even just walking and chatting. These moments of connection give students the space to relax, practice communication, and build trust with a supportive adult.

These one-on-one connections help students strengthen confidence, communication skills, emotional resilience, self-regulation, and a deeper sense of belonging and support. Having a steady, encouraging adult in their corner can boost motivation, reduce stress, and help kids feel seen, heard, and valued.

If you're interested in learning more or becoming a WOW mentor, I'd love to talk with you! Please reach out anytime.

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## Warriors: Rise Up!

We are continuing our *Warriors: Rise Up!* character trait  focus on ***respect*** for one more month. We will dive deeper into the following topics: **Respect for Others, Self-Respect, Respecting our Things**, and **Respecting our Community.**