Mrs. Porter's Counselor NEWSLETTER

May 2026

May: Mental Health Awareness Month

May is **Mental Health Awareness Month,** a time to highlight the importance of our emotional well-being and reduce the stigma around talking about feelings and mental health. It's an opportunity to remind both children and adults that taking care of our minds is just as important as taking care of our bodies.

Mental health is all about how we think, feel, and respond to what's happening in our lives, and it's equally important as physical health. In elementary school, children are still learning how to understand their emotions and what to do with them. At school, we focus on building a strong foundation of social-emotional skills that support both learning and overall well-being.

Throughout the year, students are learning to:

- Recognize and name emotions in themselves and others.
- Understand that all feelings are okay, even the uncomfortable ones. It's what we do with those feelings that matters.
- Build coping strategies such as deep breathing, movement breaks, positive self-talk, and using calming tools.
- Develop problem-solving skills for peer conflicts and everyday challenges.
- Practice empathy and perspective-taking to strengthen friendships and classroom community.
- Identify trusted adults and learn how to ask for help when they need support.

Students are reminded that everyone has big feelings sometimes and needing help is a normal and healthy part of growing up. By giving students the language and tools to express themselves, we help them feel more confident, connected, and ready to learn.

Mental Health Home-School Connection

Families play a huge role in supporting children's mental health. Here are a few simple ways to connect this learning at home:

- **Check in daily:** Ask open-ended questions like "What was the best part of your day?" or "Was anything tricky today?"
- **Name and validate feelings:** "That sounds frustrating," or "I can see why you'd feel that way."
- **Model coping skills:** Let your child see you take a deep breath, take a break, or talk through a problem.
- **Create a calm space:** A cozy corner, quiet time, or screen-free moments can help kids reset.
- **Encourage asking for help:** Remind your child that it's always okay to talk to a trusted adult at home or school.

Supporting mental health doesn't have to be complicated. Small, consistent conversations and routines make a big difference.

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Warriors: Rise Up!

This month we will continue to focus on our *Warriors: Rise Up!* character trait of ***courage***. We will continue to look at the following topics: **What Is Courage?**, **Courage and Your Personal Best, How Can You Show Courage?,** and **Courageous People.**