MRS. PORTER'S

Counseling Newsletter

Welcome Back!

A new school year brings fresh starts, new friendships, and lots of opportunities to grow. As the K-4 School Counselor at West Valley, I'm here to support students in building confidence, managing emotions, and developing skills that help them succeed both in and out of the classroom.

This year, we'll be focusing on **small actions that lead to big impact**, whether it's showing kindness, trying something new, or asking for help when needed.

I'm excited to partner with you and your children for a great year ahead! If you ever have questions, concerns, or just want to connect, please don't hesitate to reach out. I'm here to support your child's social, emotional, and academic well-being, and I value partnering with families. Whether it's something big or small, I'm always happy to listen and help problem-solve together.

Contact Information

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SEL Lessons

Social-Emotional Learning lessons, or SEL for short, are delivered by the elementary school counselor to all students in kindergarten through fourth grade on a monthly basis. Our SEL curriculum values social/emotional wellness, diversity and inclusion, and efforts to prepare our students to become positive citizens of their communities. Our SEL lessons reflect upon the five interrelated sets of cognitive, affective, and behavior competencies: self-awareness, self-management, social awarenss, relationship skills, and responsible decision-making.

OBJECTIVES INCLUDE:

- Identifying, expressing, and managing emotions
- Developing positive self-talk, a growth mindset, and optimism
- Accepting and appreciating differences in others
- Coping with anxiety and stress
- Impulse control and anger management
- Social skills
- Conflict resolution
- And many more!

We encourage you to support these skills at home by talking with your child about their day, practicing problem-solving together, and reinforcing positive coping strategies. Small, everyday conversations can make a big impact in helping students build confidence and strong relationships.