



Monthly Letters from Mrs. Leidy

December was a fun and busy month with lots of reflection, kindness, and connection among students and staff. With changes in routine, special events, and growing anticipation for winter break, our students navigated each day with a positive spirit and growth mindset – and I couldn't be more proud of their efforts and compassion.

This month in counseling, our students have been building important social-emotional skills that help them grow both personally and socially. Through a variety of hands-on activities, students practiced ways to understand their emotions, connect with others, and make thoughtful choices. These lessons support self-awareness, self-management, and healthy relationships as part of our continued commitment to helping every child feel confident and cared for at school.

Our counseling lessons this month were filled with creativity, kindness, and important social-emotional learning. Our Kindergarten students explored positive and negative behavior choices through a fun Christmas stocking activity and an engaging classroom game. First graders focused on showing kindness to others, and each class created a *"Light Up Someone's Day"* book full of new acts of kindness to share with friends and family. In second grade, students learned about the power of positive self-talk by identifying encouraging words and decorating snow globes with those phrases. They discovered how shifting negative thoughts to positive ones can make a big difference in how they feel and approach challenges. Third graders learned what coping skills are and made their own coping skills wreaths. Each student

identified skills and strategies they have used or feel would help them in the future. To build self-confidence and celebrate strengths, our fourth graders played a cooperative game that helped them identify their own strengths as well as the positive qualities of their peers.

This month, I want to focus on enjoying winter break and easing back into school in January. To do this, we encourage families to find a balance between rest, fun activities, and gentle routines so children can feel refreshed and ready to return to learning. Here are some simple strategies to help:

- Maintain a loose routine: stick to regular sleep and meal times to help your child transition back to school easily.
- Encourage low pressure learning: to keep skills sharp without making break feel like school, visit the library, read with your child, and play educational games.
- Talk about emotions and school routines: validate your child's feelings about returning to school and work to ease any anxiety they may have.
- Prepare for the return gradually: to make mornings less stressful, re-establish routines a few days prior to school resuming.

I want to thank all of our students, families, and staff for your continued support and partnership. Your involvement makes our school community a caring and positive place for every child. Wishing you a restful and joyful holiday break filled with special moments with loved ones. I look forward to welcoming everyone back in January refreshed, energized, and ready for a wonderful new year of learning and growth!

Thank you,
Mrs. Megan Leidy, LPC