

LET'S LEVEL UP TOGETHER!

A NOTE FROM MRS. HOGREBE, YOUR SCHOOL COUNSELOR

SEPTEMBER PARENT TIP SHEET

HELLO FAMILIES!

A new school year is like starting a new game—full of new adventures, challenges, and chances to grow! We're excited to team up with you to help our students **LEVEL UP** in school, in their friendships, and in life.

CHARACTER TRAIT OF THE MONTH:

RESPONSIBILITY

Being in charge of your choices and doing your part so we can all succeed!

TIPS TO START THE YEAR STRONG

GET A GOOD START

Establish a consistent bedtime and morning routine. A well-rested player performs their best!

BE PREPARED

Pack backpacks the night before and bring what you need. Being ready helps you feel confident!

STAY ORGANIZED

Use folders, planners, or checklists to keep track of assignments and due dates. Organization = less stress!

BE KIND & INCLUDE OTHERS

Build your team! Kindness and respect help everyone feel like they belong.

DON'T GIVE UP

Challenges are part of the game! Keep trying, ask for help, and celebrate your progress!

RESPONSIBILITY LOOKS LIKE...

Here are some ways students can show responsibility at school and at home:

- **KINDERGARTEN** – I can hang up my backpack and put my things where they go.
- **1ST GRADE** – I can follow directions and finish my classwork.
- **2ND GRADE** – I can take care of my materials and turn in my work on time.
- **3RD GRADE** – I can manage my time and make good choices.
- **4TH GRADE** – I can set goals, stay organized, and ask for help when I need it.
- **5TH GRADE** – I can take ownership of my learning and be a leader for others.

RESPONSIBILITY LEVEL UNLOCKED!

LEVEL UP YOUR MIND: COPING TOOL OF THE MONTH



SEPTEMBER THEME:

LEVEL UP BY KNOWING YOURSELF

The better we know how we feel, the better choices we can make!

THE TOOL:
CHECK IN WITH YOURSELF – HOW AM I FEELING RIGHT NOW?

STOP. PAUSE. CHECK IN.
Take a moment to notice your feelings. It helps you reset and level up!



TOGETHER, LET'S HELP OUR STUDENTS LEVEL UP EVERY DAY!

Thank you for being our partners in this adventure!