

# Counselor's CORNER

## SEPTEMBER 2022

Mrs. Amy Hoskins, LCGW

### Counseling Monthly Focus:

- \*Managing BIG Emotions: Identifying and using healthy coping skills.
- \*Internet Safety: Officer McVey will share with students how to stay safe online.
- \*Bullying Prevention: What is Bullying and what is a problem? How to be a Buddy not a Bully.

### Dates:

- Labor Day: 9/5/22
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### Let's CONNECT!



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### Happy, Healthy Kids TIP:

Focus on Feelings. It's important to teach your child to safely express their feelings. Let them make mistakes, let them make decisions, nurture them and lead by example and take care of your own emotional well-being.

