## **Jacox School Counseling Program** Volume 6

# Counselor Connection

w/ Miss Reveil and Miss Bynum
"Connecting Teachers to the School Counseling Program'

DEAR PANDA FAMILY, WELCOME TO THE COUNSELOR **CONNECTION!** 



#### Attendance Reminders

- 3 Missed Days: Teachers please remember to call home, document, and notify school counselors.
- 5 Missed Days: Teachers please send student's name to school counselors via email.
- Remember to send daily attendance letters home.
- Remember to remind your students about the goal they set of not missing more than 7 days.

#### Mental Health Tips for Teachers During the COVID-19 Pandemic

- Control the Controllable
- 2. Model Self-compassion
- Set Reasonable Expectations
- 4. Communication is Vital for Maintaining Mental Health for Teachers
- Be unapologetic
- Reach out

College of the Month:

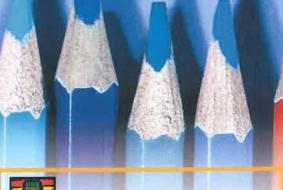


Virginia State University

Career of the Month:



School Counselor



ebruary 2022



### **Black History Spirit Week**

February 21-25, 2022 21st HBCU/ Greek Day

Wear HBCU (Historically Black Colleges & Universities) or Divine 9 apparel/colors to represent the Black contribution to education.

22<sup>nd</sup> King and Queen Day

Wear a Tiara and a dramatic dress to represent being a QUEEN or wear a Crown and a tailored suit to represent the KING in you.

23rd Dress as your favorite African American hero (Rosa Parks, Martin Luther King, Jackie Robinson)

24th African Heritage Day-Black History Program at 6pm Bring out the Dashikis and Best African American attire

> 25th Black Excellence Day Wear all black

# **February**

Classroom Guidance Topics:

#### Character Trait of the Month:

# Courage

Teachers select one student from your class who displays the character trait of the month. Due 2/28 via link.

100th Day of School Celebration Dress up like a 100th year old person.

February 17, 2022