

MARCH COUNSELOR NEWSLETTER



3/5/24

Kindness Day



RANDOM ACTS OF KINDNESS
FOUNDATION

#MakeKindnessTheNorm • www.randomactsofkindness.org

Kindness day is March 6th! It's also spirit day so have your child wear a shirt that represents kindness. Encourage your child to engage in kind actions such as sending an uplifting message to friends and family, include intentional moments of kindness, laughter, and delight in your daily routine, give your child a compliment, and have them compliment a classmate.

CLASSROOM LESSONS

For March, we will be doing lessons on career exploration and career readiness



Conversation Starters

Discuss with your child the title of your job, what you do for your job, where you work, what tools you use, when you work, and what education you need for your job.

UPCOMING EVENTS

- 3/12** 3rd grade field trip
- 3/13** Early release day 12:15pm- Pi Party
- 3/14** 5th grade trip to Southwest Middle School
- 3/20** Peter Pan Performance 3rd-4th
- 3/21** Talent Show 5:30pm
- 3/28** Sail Ceremony
- 3/29-4/7** Spring Break

ATTENDANCE

Here at Lake Wylie, we encourage all students to have good attendance. If your child misses 6 or more days, they will be considered chronically absent. It's important for your child to be here everyday. If your child misses 10 or more days they may be considered for an attendance group. Let us know if there are any barriers you experience getting them to school. We'll be happy to help in any way that we can.

We also encourage you to talk to your child about why school is important. Ms. Swaim and Ms. Bukuts are starting new attendance groups for the next six weeks.

ATTENDANCE MATTERS



Career Exploration

Career exploration lessons will discuss the role of being a student along with future career options. They will discuss how their behavior, academics, and experience as a student now will impact them later on in their career choice. They will explore careers based on a color quiz survey we will take in class. A more in-depth career exploration resource would be the O*Net interest profiler. I encourage you to take look at this resource with your child
<https://www.mynextmove.org/explore/ip>



Meditation



Meditation at home has a lot of therapeutic benefits. Our kids' brains are tired, and children of all ages really need opportunities where they can take time out each day "unplugged" to relax and focus. Meditation offers this break and helps kids function more effectively and clearly. Some guided meditation on YouTube I recommend are
<https://www.youtube.com/watch?v=N4sKY8smCho>
<https://www.youtube.com/watch?v=olmbjjd-rug>
I also recommend [headspace.com](https://www.headspace.com) and [calm.com](https://www.calm.com). Both websites have apps you can download on your phone to get mindfulness exercises for your kids.

Questions



Contact Us

We welcome and value parent involvement throughout the year. We would love to hear from you!

Ms. Bukuts PreK-2nd Grade

Email-Michellej.bukuts@cms.k12.nc.us

School Phone- 980-343-3680

Google Voice-980-292-0752

Ms. Swaim 3rd-5th grade & extensions

Email-kathryng.swaim@cms.k12.nc.us

School Phone- 980-343-3680

Google Voice- 828-278-7389

Parents or community members with specific questions or concerns about school counseling programs should contact Ms. Swaim or Ms. Bukuts. More general information can also be found on ASCA's website, www.schoolcounselor.org.