



Counselor's Corner

Hello Students, Families, and Staff!

I hope everyone is getting into a regular routine of being back into school with our face-to-face learning. Creating a routine is one of the best ways to reduce stress and anxiety, especially as we are getting ready for school in the mornings. Students by preparing for school the night before you will actually have more time in the mornings for other things, like making your bed or packing an extra snack, etc. As I mentioned in January remember to be flexible, sometimes life gives us some challenges, like the weather. Dress in layers and be ready to play outside and enjoy the fresh air.

February is known as the month of love and kindness. Sometimes things happen in life that we don't quite understand, this gives us the opportunity to learn how we are each different and unique. If we were all the same, well life would be a little less exciting. We should be kind to everyone all the time and be thankful for everything, like family, friends, our health and living in America. You could actually do a thankful journal: Each day in February write about something or someone that you are thankful for. Perhaps you could do this as a family fun project.

So, today and every day, remember to take a deep breath, smile to people with your eyes, actions, body language and be kind to one another.

Counselor's Office Hours

Now that we are back in school please remember, I am available for you. Students if you need to talk with me, please let your teacher know and they will contact me. Parents, if your child is having challenges and would like my help, you may reach by email, bise_kim@asdk12.org or phone.

Counselor Lunch Bunch

All students will have the opportunity to join me for Counselor Lunch Bunch as we rotate the grade levels through on a weekly rotation (one group per day for student safety). My classroom safely holds nine students, with large dividers on each table. Students bring their lunch and eat while I read a book and ask questions. The teachers and I ensure that every student has this opportunity.

Orion's Anchored 4 Life Clubs

For the month of January our A4L leaders delivered 12 Welcome Kits to new students to Orion E.S. This month our focus will be on getting Deployment Kits to students who have a parent/guardian that is currently deployed or getting ready to deploy. Parents please don't hesitate to let me know if your family falls into these criteria. Our club leaders have selected a monthly quote to be shared with the Orion students. These quotes will be shared in the classrooms, as well as school building. ALL students are included in our A4L Club!

February 2021 – *Friends are like toothpaste. They always come through in a tight squeeze.*
– Author Unknown. Chosen by Team Leader Tristan Bragg (4th)

January 2021 – *Don't cry because it is over, smile because it happened.* – Dr. Seuss
Chosen by Team Leader Camille Sanchez (6th)

December 2020 – *No one is perfect - that is why pencils have erasers.* – Wolfgang Riebe
Chosen by Team Leader Shea Brinkerhoff (5th)

Counselor Lessons

This month's SEL focus: *KG-2nd - Reintroducing Kelso's Choices*
3rd-6th - Setting Goals



Social-Emotional Resources for Parents & Students

Be Mindful

For Parents: [Calming Tips](#)

For Kids: [Breathing Exercises with MindYeti](#)

Build Resilience

For Parents:

Be Your Child's Emotional Coach

[10 Powerful Parenting Phrases](#)

For Kids: [Talking About Your Feelings](#)

How to Make Recycled Can Windsocks

For Kids w/Parent Assist: [Recycled Tin Can Windsocks](#)



Ethics are Aspirational

“Ethics is knowing the difference between what you have a right to do and what is right to do.”

Potter Stewart

Associate Justice of the

United States Supreme Court

May you ALL have a wonderful and safe month!

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Orion E.S. Counselor

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