

COUNSELOR'S CORNER

Dazzling Dolphins



November 2022

DUCHESNE PRIMARY



What's Happening.....

Happy November everyone! The trees have lost their leaves, the weather is cooling down, and we're wearing warmer clothing (well, sometimes). But...most importantly....we're fast approaching the Holiday Season! This month I will go into classrooms to do a read-aloud of the book *The Giving Tree* by Shel Silverstein. I love this book because it focuses on being selfless and giving unconditional love. Children are able to discuss times where they experienced or witnessed a moment of selflessness or love without conditions.

As the weather begins to get colder I'm asking parents to ensure that their children are donning coats or thick jackets. This is especially important if the student is a bus rider. Some mornings can be very chilly so we want kids to be dressed or outfitted according to the weather and not necessarily the season. As you are aware, Missouri weather can be very fickle and the weather doesn't always align with the season. One can always take off a coat or jacket when the weather turns warm.

I want to take a moment to thank all the parents who showed up for parent/teacher conferences last month. I hope you received valuable information about your child's academic, social, or emotional abilities and understood how partnering with your child's teacher will help to further his or her progress.

Have a wonderful November!

Ms. Pashen



I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou

...and one more thing.....

I find it's necessary to address how to get through the Holidays when one has lost a loved one. Holidays can be extremely stressful especially after losing someone you loved. Below are a few tips to help you out:

- ◇ Find time to rest because the Holidays are physically and emotionally draining
- ◇ Recognize that you might not be able to do all the things you once did for the Holidays....and that's okay
- ◇ Don't let someone else determine what you should or shouldn't do on a holiday...do what's right for you
- ◇ This is a hard one...but ask for help when you need it....you're not a burden

Important Dates

November 7 and 8: No school; PD for teachers

November 15: 1st and 2nd grade students presents the school musical *Nuts!*

November 21-25: Thanksgiving Break

