NOVEMBER

Counselor's Corner

Whiteford Elementary

November is a time for gratitude and giving thanks.

As we approach the holiday season, it's important to take a moment to reflect on all that we have to be grateful for and how we can give back to others. This month, we'll be focusing on gratitude and encouraging students to appreciate the good in their lives

Focus of the Month:

Gratitude & Giving Back

Gratitude is a powerful tool for enhancing well-being and strengthening relationships. This month, we'll be encouraging students to practice gratitude daily and to think about ways they can give back to their community.

Wellness Tips:

Practicing Gratitude

Encourage your child to start a gratitude journal where they can write down things they're thankful for each day. This simple practice can help them focus on the positive aspects of their life and build a greater sense of contentment and well-being.

Contact Information

If you have any questions or need to reach me please feel free to contact me at Danielle.Brossia@Whiteford.K12.MI.US or call 734-856-1443, ext. 309 I'm here to help

What are we learning this month?

TK and Kindergarten- Picking Good coping skills

1st grade- Coping Skills to use at home and school

2nd grade-Gratitude is My Superpower book by Alicia Ortego

3rd grade- Baditude By Julia Cook. How to find gratitude each day

4th Grade- Practicing gratitude.