

OCTOBER

Counselor's Corner

Whiteford Elementary

October is a busy and meaningful month in our school counseling world! This month, we are focusing on National Bullying Prevention Month, Healthy Choice Week, and Unity Day. Throughout the month, students will be learning about the importance of being kind, including others, standing up for what is right, and making healthy and safe choices. Unity Day reminds us that we are stronger when we stand together and celebrate what makes each of us unique. During Healthy Choice Week, we will encourage students to make positive choices and take care of their minds and bodies. Through these activities and conversations, our goal is to help every student feel safe, supported, included, and proud to be a part of our Whiteford Bobcat family!

As I plan for the future, I want to hear from you! Please feel free to fill out this caregiver needs assessment. This will help me to plan my lessons, small groups, and topics for the year based on what you as caregivers see as a need!

Fill out survey here! [Caregiver Needs Survey](#)



Upcoming Events

Building Empathy & Understanding

Empathy is the ability to understand and share the feelings of others. This month, we'll be exploring how students can practice empathy in their daily interactions and why it's so important for creating a supportive and inclusive school environment.

Care Closet

We have been able to support a Care Closet at the elementary for many years and would love to continue this. This helps ensure our students feel comfortable, confident, and ready to learn! We are running low on a few items and are looking for donations if you are able!

Items needed: Deodorant, training bras, plain black colored sweatpants (All sizes).

Thank you for your care and support !

National Bullying Prevention Month!

- **October 21st:** Unity Day! Wear Orange to promote kindness and inclusion!
- **October 26th-30th:** Healthy Choice Week! This week we will be focusing on keeping our minds and bodies healthy. Stay tuned for fun activities and a themed spirit week!

