

Counselor Corner  
January Monthly Letter

**Happy New Year!**

As we begin the New Year, we want to remind you that health and wellness is always an essential component in order to be happy and content. Taking care of ourselves can sometimes be difficult. With busy schedules, extra commitments and work, we sometimes forget that our health can suffer. Each day our goal is to be positive and bright but, with stressors in our lives, this can be hard and stress can cause a negative impact on our overall well-being.

Our goal for the kiddos, as we return, is to pick up where we left off. We want the students in our buildings to move forward. Setting healthy habits such as consistent routines, good sleep schedules, eating right, exercise, and setting attainable goals for the New Year is necessary for success. This all starts with being mindful of what each person wants out of the New Year. At school, we want the students to continue to have fun and prioritize their schoolwork. Additionally, we hope the students continue to build positive relationships with others and enjoy activities both at school and in the community. The New Year is also an opportunity for change.

However, change can be difficult for some. Asking for help is key if you are having trouble coping with something in your life. It does not mean it will be a quick fix or that a person will not have to try. Simply getting a new perspective, or talking with someone who has an empathetic ear, can provide support to that person. At the elementary level, we help to allow children to have a voice and to take ownership when dealing with a problem or concern. Talking to a trusted adult is a great way to get support or guidance to continue to move forward!

For students in grades K-5, additional information to take a preventive approach to health and wellness will be provided throughout the year via developmental guidance lessons. In grades 6-12, the School Counselors will directly teach suicide awareness and prevention lessons. More information about this will be sent home to the families that have students in grades 6-12. Our goal is to help each student cope, while being independent in dealing with his or her own concerns in life. We all need to take responsibility. That begins with defining what our own needs are.

We wish you and your child a wonderful start to 2019, knowing that there are new and exciting opportunities awaiting! Let us all remember to take care of each other!

Sincerely,

HASD Elementary School Counselors

Miss Alli Herbaugh (CWL), Mr. Kyle Brown (FOT), & Mr. O. - Perk Oettinger (FKS)