



March
2020

Counseling Connection

Career Day is On Its Way!

Spring is around the corner and with it, so has another set of new counseling lessons! We are currently gearing up for our Career Day, which will be held on **May 8th from 9-11am.** We are looking for **presenters** so if you are available or know someone who would be a great addition, please reach out!

You can sign up using this link:

<https://forms.gle/xXUN5hmuauqqui556>

I encourage you to talk to your children about different careers and expose them to many different options. Encourage their passions and get them involved, as so many of you do, in extracurricular activities.

Self-Confidence is Key!

This month, we have been discussing self-confidence and believing in ourselves. We talked about how our words can affect others and what

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strategies we can use when we are not feeling good about ourselves. We all have days where we are in the Blue Zone but we need to use skills like deep breathing, mindful coloring, and grounding techniques to bring us back to the Green Zone! When they are upset, encourage your little one to count to ten and reset.

Our 5th grade classes started their middle school transition lessons. We discussed student service learning hours and those pesky combination locks they will have on their lockers. These lessons will continue into the spring as we get closer to the end of the school year.

As always, if you have any questions or concerns, don't hesitate to reach out!

“Learning is like building a sand castle. Once you have the right tools, you can build anything.”