

# COUNSELORS CONNECTION

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## Mindfulness Matters at Miller

The counselors are making their way through the building visiting each homeroom to teach students about mindfulness. We believe mindfulness is important for children (and adults!) to help with regulating emotions, decision making, and staying calm and focused in the classroom, all leading to greater success. Our mindfulness lesson includes belly breathing and guided imagery, which the students can practice and use in the classroom.

## Life Skill of The Month

### September: Integrity

*"Integrity is doing the right thing even when no one is watching."*

### October: Respect

*"Respect is treating others the way you want to be treated."*

## UPCOMING EVENTS

Respect Week

(10/7-10/11)

Safe Schools Week

(10/21-10/25)

Red Ribbon Week

(10/28-11/1)

\*Check the back of October's calendar for dress up days.

## COUNSELORS SPOTLIGHT

**Congratulations to our Greeter Leaders who were selected by their teachers to welcome new students to Miller School throughout the year!**

## AT SCHOOL:

- ◆ Encourage your child to make a new friend.
- ◆ Remind your child to give one compliment a day.
- ◆ Reinforce by asking your child if they learned anything new about their classmates.



## AT HOME:

- ◆ Encourage your child to have an after school routine.
- ◆ Remind your child to use their agenda book.
- ◆ Reinforce that being organized can reduce stress and make the school day go more smoothly.

Check out our website for our **Strengthening Families Program** flyer. It is a free program starting in January that provides dinner and daycare for younger siblings. The program focuses on positive communication and coping strategies for the whole family!

Contact a counselor if interested.