



February

MONTHLY COUNSELING NEWSLETTER

This Issue Includes:

- National School Counseling week
- Black History Month



National School Counseling Week

School counselors work in professional partnerships with teachers and support personnel to foster an educational system where students can realize their true potential by reducing barriers to learning and providing mental health support. School counseling is a key component of support for the school-family-community relationship, that helps students be successful. Counselors are actively engaged in supporting students:

- Examine abilities, strengths, interests, and talents
- Guide academic and career planning
- Focus on positive ways to enhance students' social/personal, educational, and career development
- Work in partnership with parents to maneuver through modern challenges students face

National School Counseling Week

- Work with educators to provide a system where students maximize their potential and set healthy, realistic, and optimistic aspirations.

Counselors provide both direct services and individual student planning. This can include a developmental curriculum to help with students' knowledge, attitudes, and skills appropriate to their level. It can also assist in establishing personal goals and responsive services.

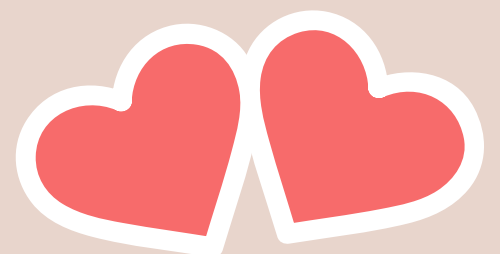
Possible Reasons to Contact Your Child's School Counselor

- Coping, problem-solving, decision-making concerns
- Organizational, student, and test-taking skills
- Peer relationships and conflict resolution
- Divorce, separation, and family changes
- Experiencing loss, death, and grief
- Suicide intervention and prevention
- Bullying intervention and prevention

Black History Month

February is Black History Month and has its origins in 1926 when Dr. Carter G. Woodson, an African American, began promoting it. The month of observance was selected because it included the birthdays of Frederick Douglass and Abraham Lincoln, which had been notable dates for the black community since the start of the twentieth century. Also known as African-American History Month, students and faculty first celebrated at Kent State University in 1970. By 1976 it evolved into a month-long celebration and became a national holiday when President Gerald Ford recognized “the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history” in a speech to mark the United States Bicentennial.

It is time for all Americans to reflect on both the history and teaching of African Americans and focus on the progress, richness, and diversity of African American achievements. Today Black History Month is celebrated not only in the US but around the globe by five different countries.



Resources ✓

-National Counseling Week

-Counselor Roles

-Bringing Mental Wellness to

Classrooms Nationwide

-Black History Month

-Black Lives Matter Week

-Fifth annual D.C. Area Black Lives

Matter at School Week of Action

HAPPY
Valentine's
DAY