

Counselor's

CORNER

Otto-Eldred Elementary School

November 2024 Mrs. Kera Hendershot

Happy November!

As we approach the holiday season, it's important to take a moment to reflect on all that we have to be grateful for and how we can give back to others. This month, we'll be focusing on gratitude, encouraging students to appreciate the good in their lives and to think about how they can make a positive impact on others.

Last month, I met with each class multiple times to help them learn and practice responsibility during Character Education.

Last Wednesday, we held our October Student of the month Assembly to celebrate students' accomplishments for the month and to celebrate Red Ribbon Week. It was so great to see the school spirit and enthusiasm during the week while we learned about the importance of making healthy choices and being drug free!

What's In This Month's Issue?

- Students of the Month
- Character Trait of the Month
- PurposeFull Pursuits
- Conversation Starters



Students of the Month

The following students were chosen as October Students of the Month in their classroom for showcasing their outstanding character by displaying continued acts of RESPONSIBILITY.

Kindergarten: Cedar Woodruff, Emmit Williams, & Carol Stone
1st Grade: Charles Meyer, Emma Hannahs
2nd Grade: Katrina Skok & Cambree McDivitt
3rd Grade: Lilly Button & Natasha Neureiter
4th Grade: Brynn Gillen & Harper Bennett
5th Grade: Olivia May, Rayla Martin, & Sophia Baker
6th Grade: Katelynn Eaton & Annabella Wilcox

In addition to Student of the Month, many other students were nominated as "Terrific Students." These students were noticed by faculty and staff for going above and beyond to show RESPONSIBILITY last month.

Character Trait of the Month: GRATITUDE

We are looking forward to focusing on GRATITUDE this month!

One way to think about Gratitude is "choosing to appreciate the people and things in our lives." Practicing Gratitude can increase our well-being and even our happiness!

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students **Be Well**.

Across grade levels, students will be developing skills like emotion regulation, positive self-talk, and stress-management.



RESPONSIBILITY Conversation Starters

- Can you share or show what it means to practice Gratitude?
- What is something you are Grateful for every day?

GRATITUDE PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Gratitude. Here are 2 "PurposeFull Pursuits" you can complete together!

1 What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.

2 Review Gratitude as a family! Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.

khendershot@ottoeldred.org
(814) 817-1380 opt. 1