

# JANUARY

## Ms. Johnson's Counselor Corner



### Welcome to Core Creek!

The big move from Pearl Buck to Core Creek comes with a mix of excitement and nervousness. Change can be challenging, but it's also full of new opportunities for growth, connection, and learning. We are all in this together as we adjust to our new space and make it feel like home. We'll continue supporting each other and working as a team to create a positive and welcoming environment for everyone!

**If you would like to meet with me to talk about this big change, ask your parent or teacher to make an appointment with me.**

### Focus of the Month: Perseverance

This month, our STARR Positive Behavior focus is PERSEVERANCE.

Students who persevere demonstrate continued effort to achieve success despite difficulties. They do not give up even when it gets tough.

#### **Here are ways you can show perseverance:**

- Ask questions if you don't understand something
- Try approaching a problem a different way than usual
- Take a break instead of giving up
- Celebrate progress, even if it's small
- Stay positive and remember mistakes are part of learning!



Students demonstrating perseverance at school may receive a STARR sticker recognition!

### Wellness Tip: Set Small Goals



When something feels big or overwhelming, setting small goals can help make it easier. Instead of thinking about finishing everything all at once, focus on one step at a time, like unpacking your desk or learning just one new thing each day.

Small goals give you little wins along the way, and those wins can boost your confidence. Every step you take gets you closer to reaching a big goal, and before you know it, you'll see how much you've accomplished!





## *SEL Book of the Month: The Magical Yet*

Each of us, from the day we're born, is accompanied by a special companion—the Yet. Can't tie your shoes? Yet! Can't ride a bike? Yet! Can't play the bassoon? Don't worry, Yet is there to help you out.

The Magical Yet provides a beautifully illustrated reminder on the power of growth and learning. The Magical Yet reframes thinking from "I can't do it!" to "I can't do it...YET" and encourages us to try again and again.

Watch/Listen on YouTube: <https://www.youtube.com/watch?v=5pgLvFABxIi>

### *Counselor Advice: Dealing with Change*

Change can be tough, but it also opens the door to new experiences, growth, and learning! While it's natural to feel nervous or uncertain, remember that change is an opportunity to develop new skills and discover things about yourself that you might not have known before. Embracing change, even when it feels challenging, can lead to wonderful, positive growth.

Here are a few tips to help deal with difficult changes:



- **Talk about your feelings** – It's okay to share what you're going through with someone you trust.
- **Stay positive** – Focus on what's exciting about the change, even if it's just one small thing.
- **Create a routine** – Having something familiar to count on each day can help ease the transition.
- **Be patient with yourself** – It's okay to take your time adjusting. Everyone moves at their own pace.
- **Ask for support** – Whether it's from a teacher, counselor, or family member, reaching out for help is a great way to feel more confident during times of change.

Remember, you are strong, and we are all here to support each other through every step!

## *For Parents:*

### *Monthly Tip: Teach the Value of Mistakes*

Making mistakes is a natural and valuable part of life. Mistakes are not failures—they're opportunities for learning and growth. When children understand that mistakes don't define them, they are more likely to take risks, try new things, and develop a positive attitude toward challenges. Parents can model resilience and a growth mindset by showing their own responses to mistakes and encouraging children to see them as a chance to improve.

- **Acknowledge and normalize mistakes:** "I made a mistake today too—I spilled my coffee when I was walking too fast with it! But it's okay because I learned to slow down and be more careful next time."
- **Encourage reflection:** "It's okay to feel frustrated, but let's think about what we can do to fix it."
- **Praise effort, not just results:** "I'm proud of you for sticking with it, even when it got tough and didn't work the first time. That's how we grow!"

By reframing mistakes as opportunities, we can help children develop a growth mindset that will help throughout their lives.

### *Contact Information:*

If you believe that your child would benefit from meeting with me, or if you would just like to share any concerns you have about your child, please feel free to email me at [rebeccajohnson@neshaminy.org](mailto:rebeccajohnson@neshaminy.org). I will respond to you with an email or a phone call as soon as possible.