



THE SCHOOL COUNSELING CONNECTION

HCPSS MIDDLE SCHOOL COUNSELING
MONTHLY NEWSLETTER

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Welcome Back

TO THE
2021-2022
SCHOOL YEAR

"A new school year means new beginnings, new adventures, new friendships, and new challenges. The slate is clean and anything can happen."

-Denise Witmer

We are so thankful to be back! Every step of the way we are on this journey together. New classes means the possibilities of new friendships, new interests, and new chances. Our new learning adventure may be welcomed by some and challenging for others. Remember all feelings are normal! We are here to help with this transition back and we are looking forward to the 2021-2022 school year with you.





LEARNING TO BE G.L.A.D.

The G.L.A.D technique was developed by Donald Altman to make people aware of the positive aspects of life all around us. Give it a try - think, journal, or share with someone in your life about what is going well each day. Take notice of the good - big or small. The size doesn't matter it is the focus on gratitude, learning, accomplishment, and delight that does!

Davis, P. (n.d.). The Coping Skills Toolbox. Baldwin County Public Schools. Retrieved July 12, 2021, from <https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>

G

GRATITUDE: SOMETHING YOU WERE GRATEFUL FOR TODAY.

L

LEARNED: SOMETHING YOU LEARNED TODAY.

A

ACCOMPLISHMENT: ONE SMALL ACCOMPLISHMENT YOU DID TODAY

D

DELIGHT: SOMETHING THAT BROUGHT YOU DELIGHT TODAY.



COUNSELOR CONNECTION:

**YOUR SCHOOL COUNSELOR IS
HERE FOR YOU!
EMAIL YOUR SCHOOL
COUNSELOR IF YOU HAVE ANY
QUESTIONS OR CONCERNS.
#IMPACTINGLIVES**