



## Mrs. Marshall's Counselor's Corner

### Updates



**October 19**  
**Students Return Back to School**  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**October 20**  
**Parent University**  
**Time: TBA**  
**Location: Frost Elementary**

### Breast Cancer Awareness Month

**October 23**  
**Pink Out Friday (Wear Pink)**  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**Red Ribbon Week**  
**October 26**  
**Turn Your Back on Drugs**  
 -Scholars are to wear their shirt backwards  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**October 27**  
**Don't Get Mixed Up with Drugs**  
 -Wear mismatched clothing  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**October 28**  
**Too Much Pride to Do Drugs; Be "Jean-ious" and "Be Drug Free"**  
 -Wear school colors or a school shirt with jeans  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**October 29**  
**Wake Up Drug Free-**  
 -Wear your favorite pajamas (Must meet school dress code policy)  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

**Event 7: October 30**  
**We Are Too Smart to Do Drugs**  
 -It's Literature Day! Scholars can dress up as a character from their favorite book.  
**Time: 7:30am - 2:55pm**  
**Location: Frost Elementary**

### Contact Info



**Mrs. Marshall**  
**Email: Cmarsha2@houstonisd.org**

**Room Number: B171**

**Phone:**  
**(713)732-3490 Ext. 156224**



### The Benefits of School Counseling

Counselors can help parents connect with appropriate school staff or access needed resources. They can help mediate disputes between families, teachers, or other school staff. The Counselors can also provide support and information to parents advocating for their child's academic or personal needs.

*\*I'm here to help! If you feel that your child may need or benefit from additional support. Please contact Mrs. Marshall using the contact info below or contact your child's teacher for a referral.*

### Monthly Guidance Topic: Responsible Decision Making

is the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. Essentially, all aspects of a potential decision and its consequences must be considered before a choice is made. To make the most appropriate behavioral choices, students need to learn how to evaluate the situation, analyze their options, and consider the potential consequences of each of those options for themselves and others.



### Monthly Celebrations



**Breast Cancer Awareness Month** international health campaign organized by major breast cancer charities every October to increase awareness of the disease, educate, and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer. This campaign starts on October 1 and ends on October 31 every year.



We celebrate Red Ribbon Week to affirm commitment to live drug and alcohol free. We celebrate those who live without drugs, as well as, those who choose to leave drugs behind and live drug free.

# SHOUT UP

# SEE SOMETHING SAY SOMETHING

**ANONYMOUS TIP LINE 713-641-7446 HOUSTONISD.ORG/POLICEHISD** Communications has produced a video encouraging students to "See Something, Say Something" to raise awareness around school safety and to help promote the district's anonymous tip line to report incidents.

*\*Additional Community Resources Can Be Found In "Ms. G's Wrap it Up" Newsletter*