

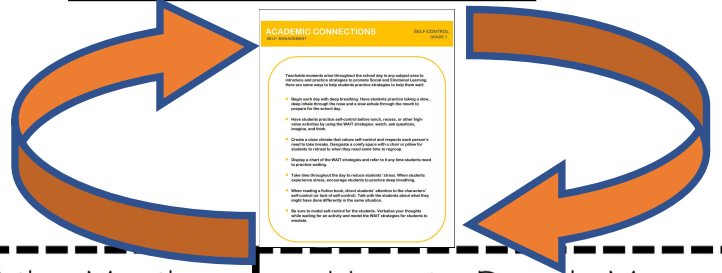


# November

## School Counseling Newsletter

From the Counseling Office  
Greetings JHC Family:  
November is full of lots of warm family events. These events remind us to be mindful of the following:  
**SELF-CONTROL** | **STRESS MANAGEMENT**  
| **FOCUS** | **PROBLEM SOLVING** |  
**GRATITUDE**

In the Classroom  
Don't forget to review your  
Counselor's Guidance Lesson  
**ACADEMIC CONNECTIONS** sheet.



### Study Skill of the Month

- **SELF-CONTROL**
- **STRESS MANAGEMENT**
- **FOCUS**
- **PROBLEM SOLVING**

### Social Skill of the Month

- GRATITUDE**
- ★
- THANKFULLNESS**
- ★
- APPRECIATION**

### How to Reach Me

**Mr. Williams**  
Rm. E102  
Ph. Ext. 395221  
Submit a SAF for Help:  
[www.HoustonisdSAF.com](http://www.HoustonisdSAF.com)



### Fun Times

I will be looking for the **FALCONS** turned "**Thankful Turkeys**" showing **Gratitude** through giving of **Kindness!**



Just say: "**Show me that Giving Turkey Dance!**" for a treat.

### Looking Ahead

#### **Counselor's 200 Board**

- **New Tickets Nov. 2**  
(Teachers discard old Tickets)
- **Celebrations 4<sup>th</sup> & 11<sup>th</sup>**
  - National Career Development Month
  - World Kindness Week  
(Nov. 7-13)
  - Random Acts of Kindness Friday  
(Nov. 13)
  - Generation TX College, Career & Military Week  
(Nov. 14-18)