

GRATEFUL



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Counselor's News

November 2022

Upcoming Events

- Monthly Counseling Topic: Self & Social Awareness focus on Gratitude
- Week of Nov. 14th: Be Kind Week (CIS)
- Week of Nov 14th: College Week
- Nov. 18: Coffee with the Principal



HISD Magnet Programs

Magnet Middle Schools application process begins in December.

Counseling Services send a SAF



Character Trait: Gratitude

"Studies show people who think optimistically are more resilient and better able to navigate the ups and downs"- ReThinkEd

- Have an attitude of gratitude. On bad days focus on the things that you do have. Keep a Gratitude Journal
- Make sure to say thank you to everyone that helps you in any way; you can draw a picture or write a thank you letter.
-ReThinkEd

Parent Tips: Use of Screen Time with our Electronic Devices

- Show interest in what your child is watching or doing by asking questions
- Lead by example. Be a role model for your kids. Show them you have discipline around your own screen time.
- Make certain times, like mealtime or bedtime, screen-free zones.
- Make sure you have parental controls on your phones, tablets or laptops. These can help your children stay away from mature or inappropriate content.
-Strong Texas Families
2022 Parenting Tips Calendar