# SCHOOL COUNSELOR NEWSLETTER

May/June 2022 Edition

PARKVIEW VILLAGE ELEMENTARY SCHOOL

#### END OF THE YEAR (EOY)

For the last month, our school has been doing several events for the End of the Year promotion and EOY Celebrations. All of the school members – students, teachers, and parents –Thank you in advance for supporting EOY events. Ask you student's teacher how you can help.





#### **COMMUNITY DAY**

May 12, 2022 5-7pm



FIELD DAY May 13, 2022 During the Day.

On May 12th Parkview will be hosting a community field day. The goal of this community field day is to engage with students, parents, and community partners to help build a better rapport and to increase awareness of the importance of student attendance. This will be a fun and informational event and we want to make this event as memorable and impactful as possible. ~Coach Jackson

# FIFTH GRADE PROMOTION

Parkview Village ES fifth grade transitioning team would like to partner with you to help sponsor and celebrate our students's accomplishments this 2021– 2022 school year. As our students transition to their prospective middle school. Let us celebrate their accomplishments and help encourage these individuals with a promotional ceremony cookout reception with food, honorariums, music, laughter and more.

**TEACHERS** 

**Click here to support** 

Preparing your student's record folders

**Click to view** 

Steps to end your Canvas page

**Click to view** 

# School Counselor's Tips

#### Seven P's of Self Care

**By:** Danielle Moore Moore Ways To Success LLC Counselor, MSRC, CRC, LCMHC



Know your why & know the importance

#### Permission

Free yourself from yourself



Be intentional about prioritizing you

## Practical

Make it make sense; if you don't make it practical you'll never make it personal

Pursue

If you don't do it, you won't do it!

# Power

You can't drive on empty: it's not optional

## Persistence

lf you forget, just remember: you'll still be there





https://forms.office.com/r/pZtHFzb6bs



# LOVE/CARE

### **ALWAYS BE YOURSELF**

#### **HONESTY**

Be honest with yourself; Trust yourself & your feelings. Love comes with Trust and Trust is only developed with consistent Honesty.

#### **ATTENTION**

Listen to your body, heart and mind when it's too difficult. Never be afraid to stop, breathe, and reset. Find your calm spot and refocus. Start fresh with a new insight and new intentions.

#### **VALIDATION**

Always give yourself the freedom to think, feel and the permission to change your mind.



"How you going to love someone else without loving yourself first" -RuPaul