



# Counselor's Corner

Mrs. Dodson, Elementary Counselor

August 31, 2020



**WELCOME DK8** to the 2020-2021 school year!! I recognize that in order to be successful, our students will need social and emotional support from both the home and school. I am committed to ensuring that all students get through this school year not only with strong academic skills but also with the skills necessary to encourage and prevent social, emotional, and behavioral problems that can impact the student's success in various areas. Thank you for continuing to support Douglass Optional School and Community!!

## RESPECT

When you **respect** someone, you treat them kindly and use good manners.

### KK-2<sup>nd</sup> Grade Students

Click on the video: Teaching students how to be kind and respectful

<https://youtu.be/UPO7P1gHAMo>

### 3<sup>rd</sup>- 5<sup>th</sup> Grade Students

<https://youtu.be/iGuT9->

[Y5J4?list=PLSMZDoMBob77V613phO5j22CyqjnuoZCn&t=19](https://youtu.be/iGuT9-Y5J4?list=PLSMZDoMBob77V613phO5j22CyqjnuoZCn&t=19)

## Safety Strategies being practiced will lower risk of contracting and spreading COVID-19



## Positive Quotes for Kids

- Do the right thing even when no one is looking.
- You're braver than you believe, stronger than you seem, and smarter than you think.
- Be the reason someone smiles today.
- Believe you can and you're halfway there.

**Shelby County School District SEL Support**  
Live Support 901.416.8484 Time: 9:00a-4:00p  
Information ~ 901.416.2266 Hours: 24/7

## Parents!!!

### Tips for Keeping Healthy Sleep Habits

- Be consistent.
- Maintain a calming bedtime routine to wind down and relax.
- Limit screen time before bed.
- Create a calm **sleep** environment.
- No caffeine within six hours of bedtime.
- Avoid big meals before bedtime.
- Exercise after school.



## Questions or Concerns

**Contact:** Mrs. Dodson, Elementary Counselor

**Email:** [dodsonsc@scsk12.org](mailto:dodsonsc@scsk12.org) or 901-504-6629

**Office Hours:** Mon-Fri 10:30-11:30 August-31-September 4<sup>th</sup>

