

# THE Counseling CONNECTION

RBB ELEMENTARY - STEM - A. RAMOS

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## RBB Teachers: Happy Teacher Appreciation Week!

### Word of the Month:

### RESILIENCE

**INNER STRENGTH** is often called "resilience," is the ability to cope with the stressful situations that life throws at us. (STAAR) Building inner strength begins with simple actions or thoughts that your child practices, such as planning for what to do next and learning to accept change. Inner strength can help a child face problems.

"We all learn to identify their inner strengths and other things that make us special and powerful. We talk about our inner superhero often so that we remember to call on them when going through particularly difficult times or challenges. This exercise might be particularly helpful for your child right now as you navigate times of uncertainty and frustrations that come with it. If we talk about our inner superpowers often, we can train our brains to rely on them and embody them in difficult situations and times of stress."

The Mindset of a Champion TEDxYouth <https://youtu.be/px9CzSZsa0Y>

### Important Dates:

- ❖ **National Teacher Week May 3-7!** RBB teachers change lives and inspire students every day even while facing all of the challenges presented by the COVID-19 pandemic. **Teacher Appreciation Song: A Song for Teachers - You Have Made A Difference** <https://youtu.be/vwsKWixIA78>
- ❖ **6th Grade Registration** will take Thursday, 5/20. Parents will be receiving an email with specific details about the process.
- ❖ **Slime & Stress Event** Thu. 5/17 at 4:00 at AFRC classroom with Mrs. S. Quitano, School Liaison and Mrs. Peek, LPC, MFLC.
- ❖ **School Nurse Day is Thursday 5/6.** *Nurse Gomez* champions every student every day. **On National School Nurse Gomez Day**, we take special time to celebrate and recognize the contributions she makes to the health and learning of our students. This year's theme recognizes the integral role that *Nurse Gomez* contributes to bridging health and education to improve each child's cognitive, physical, social and emotion development, regardless of whether they are physically present in school or virtual. *Nurse Gomez* is at the core of RBB and we are blessed for it.
- ❖ **Guidance Lessons – Managing Test Anxiety** – Breathing techniques to calm our bodies. 4-7-8 Breathing Exercise to alleviate Anxiety and Stress <https://youtu.be/PmBYdfv5RSk>
- ❖ **Breath -- five minutes can change your life.** [https://youtu.be/hFcQpNr\\_KA4](https://youtu.be/hFcQpNr_KA4)
- ❖ **3rd, 4th, & 5th STAAR Testing: Math – Tue. May 11, Reading - Wed. May 12, Thu. May 13 – 5th Science**
- ❖ **Positive mantras during test anxiety:** Before the test – "I realize all worry. I visualize, what could go right and breathe in confidence and breathe out fear." During the test – "With breath, I realize the anxiety within me and use it for my benefit, and I become more calm and focused." After the test – "I realize what I cannot change. I did my best, and that is what counts!"
- ❖ **1st Grade GT Testing Window – May 24 – 28 or sooner but no later.**
- ❖ **20 Days before the last day of school.** Last day of school is June 4.
- ❖ **Memorial Day, Monday 5/31 – NO SCHOOL.**
- ❖ **Fun Day – Thursday, June 3!**
- ❖ **Last day of school: June 4.**



### May's Focus:

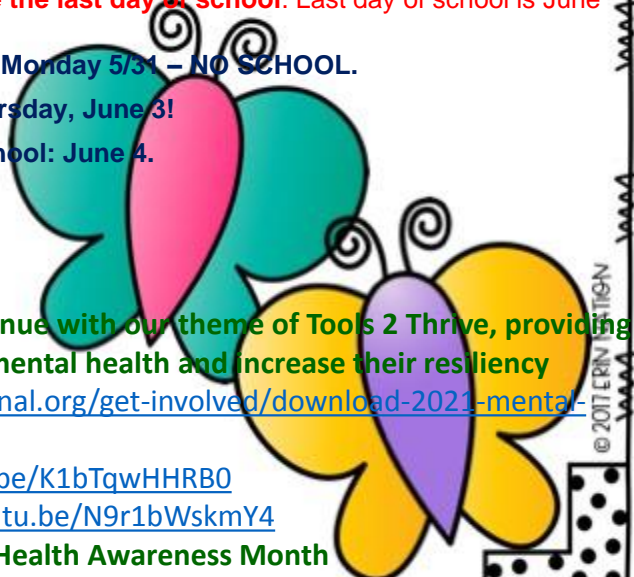
**Mental Health Awareness Month** In 2021, we will continue with our theme of **Tools 2 Thrive**, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation. <https://mhanational.org/get-involved/download-2021-mental-health-month-toolkit>

**NFL Mental Health & Wellness Series:** <https://youtu.be/K1bTqwHHRBO>

**Chalk the Walk Storytime with Ms. Josie:** <https://youtu.be/N9r1bWskmY4>

**"Chalk Your Neighborhood" promotes Mental Health Awareness Month**

<https://www.weau.com/2021/05/04/chalk-your-neighborhood-promotes-mental-health-awareness-month/>



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