



Counselor's Corner



Elizabeth Johnson and Remi Smith

Hi Irving Community!

We are Elizabeth Johnson and Remi Smith and we are the Irving school counselors! This is Elizabeth's sixth and Remi's first year at Irving and we have loved working in-person with the students so far this year! We will send periodic information out to the Irving community in this newsletter, so we appreciate your taking the time to read up on what we are up to.

Classroom Guidance Lessons

It's unbelievable that we are already half-way through November! We are visiting each class monthly for social-emotional learning. This month, we have been teaching about families and kindness in Kindergarten, reviewing Kelso's Choice in 1st and Zones of Regulation in 2nd, and 3rd-5th grades are working on conflict-resolution, as well as Sources of Strength curriculum.

Technology and Your Child

One reliable resource for the topic of technology and our kids is: www.common sense media.org.

A great article regarding technology and parental controls, in particular, can be found here:

<https://www.common sense media.org/blog/parents-ultimate-guide-to-parental-controls>

Friendship Groups

The first round of friendship/social skills groups began in late October/early November and will continue through December. We are having a great time teaching social skills and building new relationships in each group. If you are interested in your child participating in a group starting in January, please contact me or your child's teacher.

Looking Ahead

The Irving community will once again be supporting families within our community over the holidays. Please be watching for more information soon as to how you and your child can help!

Thanks,
Elizabeth Johnson and Remi Smith