

August 2022

Salida Elementary School



# LION'S DEN NEWSLETTER

**Character Trait** *of the Month:*  
**THE 3 R's**  
Respectful, Responsible, & Ready!



With Ms. Star

A Note from your Counselor:

Hello!! And Welcome back to another fun filled year at Salida Elementary school!! We are ready and excited to see our students back on campus. This year Ms. Star will be introducing the Toolbox Project school wide. This curriculum is based on 12 different "Tools" that build on a child's innate capacity to manage their own emotional, social, and academic success. As adults, these are tools that we use on a regular basis that help us manage our daily lives. This curriculum can be used at home as well, and is highly encouraged. Please read our monthly newsletter to find out what tool we are learning!

Also, please be on the lookout for a Parent Pre-assessment from your school counselor. This assessment will be a simple google form that will be posted to Parent Square. The information gathered will be used to improve the school counseling program for the 22-23 year.

Contact info:

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Salida Elementary School Counselor  
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## FRIENDLY REMINDERS:

August 10: First Day of School!

Tips for a successful school year:

1. Monitor your child's daily work.
2. Communicate with teachers on a regular basis
3. Make a homework schedule
4. Set and enforce a specific bedtime
5. Encourage your child to explore their interests.

## 12 Tools:

- |                          |                              |
|--------------------------|------------------------------|
| 1. Breathing Tool        | 7. Garbage Can Tool          |
| 2. Quiet/Safe Place Tool | 8. Taking Time Tool          |
| 3. Listening Tool        | 9. Please & Thank you Tool   |
| 4. Empathy Tool          | 10. Apology Forgiveness Tool |
| 5. Personal Space Tool   | 11. Patience Tool            |
| 6. Using Our Words Tool  | 12. Courage Tool             |

