

Counselor Newsletter

Mountain Vista Elementary School

August 2020

Therapist Corner

Welcome everyone!

I hope you are all well, staying safe and healthy. My name is Krista Lander and I am your Latino Commission therapist at Mountain Vista Elementary. I've created this monthly newsletter to share with students, parents, teachers and staff important information and resources to help promote student success and healthy social/emotional growth. You might be asking yourselves, what does a therapist do? Well, it is my job to help ensure students are happy and able to do their best in school. Sometimes, students face challenges in school and/or outside of school, such as focusing and paying attention, or understanding and managing their feelings and behaviors; or maybe it is about developing successful relationships or effectively dealing with problems and conflicts. That is where I come in. I work with staff, teachers, families and the community to support students, helping them to be the best they can be!

Virtual Guidance Lessons

These are stressful times, which can leave us feeling confused or uncertain. It is important to learn how to cope with stress and pass those skills onto our children to help them foster a healthy mindset. Each month, I will choose a theme for my newsletter that supports positive social/emotional learning. The same topic will also be available online in my virtual Google 'counseling classroom' with activities for students and their families to access that reflect the monthly theme. This month we are focusing on "**Coping Skills**." I hope you will join me!

To join: log into your CVUSD account
go to google classroom
enter my class code: ylpc36r

Trouble logging in? Email me for help: krista.lander@cvusd.us



I AM <i>enough</i>	I look great	I'M PROUD OF MYSELF
I CAN DO HARD THINGS	I am Important	I am smart
I make the world better	I AM STRONG	I can do anything
I love that I'm unique	I am loved	I am beautiful
I won't give up	I can make good choices	I can make a difference
I am brave	I will learn and grow	I WILL REACH MY GOALS

Family Resources

The Latino Commission

Riverside County Latino Commission is contracted by Coachella Valley Unified School District to provide mental health services in its schools. RCLC works in partnership with, and under the direction of Child Welfare and Attendance. If you find yourself in a situation where you may need counseling-related services. You can contact them at 760-398-9000. You can visit their website for more information. latinocommission.com

Practice it!

Together with your child create a 'calm space' in your home. It can be a chair, a part of your room, etc. Let your child decide what should go in the space, a comfy blanket, a stress ball, ear buds, or coloring pages! Let this space be a refuge that all family members can go to when they feel the need to calm down.

Coping Skills

What are they and how can they help me?

Positive coping skills are healthy ways to deal with stress. They are important because they help us to better manage our emotions. Below are many ways that you can help your child continue to learn about the theme of coping skills, through reading about it, talking about it, and practicing it. You can start by following the five steps to the right.

READ ABOUT IT

Here are some books to help you learn more about coping skills:

- Anh's Anger By Gail Silver
- B Is For Breathe By Melissa Munro Boyd
- When Miles Got Mad By Sam Kurtzman-Counter
- Wilma Jean: The Worry Machine By Julia Cook



Note from Mrs. Lander

Stress is a natural part of life and everything we do. As parents and guardians, we want to protect our children from life's difficulties, but in truth, this will not help them learn how to handle problems. The key is to teach your child healthy strategies for coping with stress. This way you raise a resilient child who can bounce back from hardship and challenges. Below are some discussion points to help you talk about coping skills with your child:

- Why do you think it is important to calm down when you are upset?
- What are three things you can do to feel more calm?
- Do you feel you can talk to me if you are feeling upset? Why or why not?

Krista Lander | Latino Commission Therapist

krista.lander@cvusd.us