



DECEMBER 2023

3-5 SCHOOL COUNSELOR NEWSLETTER

MRS. WATSON-SWINSON



A Time to Reflect

As we wrap up this semester, I would like to take the time to reflect upon the wonderful things that has happened at the Lake.

I would like to thank the community for supporting our Lakeforest families. We have been given donations of school supplies, bookbags, coats, shoes, clothes, toys, and food from various churches and organizations. I would also like the community members who come out to mentor our students and run groups. Without the support of our community members, we would not be able to carry out our mission and vision here at the Lake.

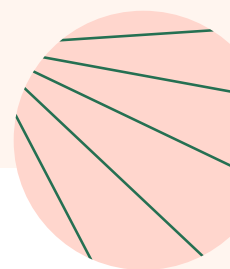
When we return to school in January, I would like to put some additional things in place to help decrease the aggressive behaviors that we are seeing.

CKH Character Trait: Responsibility

Responsibility is the willingness and ability to take ownership of our thoughts, words, and actions. We have a responsibility to our school, family, and community to be accountable for our choices and how they impact ourselves and others.

Why focus on Responsibility?

- Responsibility teaches resilience. It is not possible to persevere and achieve our dreams without taking personal responsibility seriously.
- Responsibility empowers us to own our actions. There is great power in being able to make conscious, calculated choices to reach goals and manage those things in our control.
- Responsibility teaches us to manage our time and resources. Responsibly organizing and prioritizing needs is an executive function of the brain that improves with practice.



WARM GREETINGS



The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.



A little progress each day adds up to big results.

