

Dear MCS Families,

As the first quarter comes to an end, I wanted to share counseling- related news and what's coming up.

In August and September, we focused on self-control and goal-setting. All 2nd-8th grade students have set an academic goal and a personal/social goal for themselves for this year and will be working to achieve those.

October is National Bullying Prevention Month, so as a school we had activities reminding us of our bullying prevention rules, kindness, and empathy.

- In all classes, we read the book "One" by Kathryn Otoshi and talked about bystanders and how it only takes **one** person to make a difference.
- All students and staff decorated a '1' with their name for the poster in the elementary hallway.
- Teachers and staff have been on the lookout for students who are 'caught being kind' so we can recognize acts of kindness this month.
- Students in grades 2-8 are participating in National Mix-it-Up Day on Monday, October 22, where they are encouraged to sit with someone new at lunch.

### Elementary:

Character education has looked a little different this year, as we've tried out learning centers/stations for one of the two lessons each month. The students do one or two centers related to the fruit of the holy spirit for that month, and also spend time at a mindfulness center and a career center. I've also seen how centers can help improve cooperation and teamwork skills.

### Middle School:

In 6th grade, we have been busy covering the executive functioning skills and academic skills in their Life Skills class. In 7th and 8th grade, we are finishing up a unit in digital citizenship, where we talked about internet safety, digital media usage, online identity, internet scams, and more. We have been working hard on career development with the 6-8 students. All parents received an email earlier this month about Career Cruising and an email will be sent this week with parent view-only logins. We were fortunate, with the help of Mr. Giller, to have our first monthly Career Speakers talk to the middle school about their careers. Mr. Platt, Mr. Bahr, and Mr. Irvine talked about being lawyers.

I will be at parent-teacher conferences next week on Thursday night and Friday in the elementary gym. Please visit me if you have any questions or concerns, or would like more information about character education or career development.

Thank you for your support!  
Ms. Lienemann



### Character Education Schedule:

Sept: Self-Control  
Oct: Kindness  
Nov: Patience  
Dec: Joy  
Jan: Peace  
Feb: Love  
March: Faithfulness  
April: Goodness  
May: Gentleness



I will be at parent-teacher conferences in the elementary gym.

Thursday: 5-8 PM  
Friday:  
9 AM-1 PM  
2:30-4:30 PM  
5:30-8 PM