

COUNSELORS' CORNER

Meadow Glen Elementary ~ January 2024



The school counselors at MGES visit with each class every three weeks. Listed below are some of the topics taught during the first semester.

Preschool

Identifying Feelings
Safe/Unsafe Choices
Kindness
Listening Skills

Kindergarten

Friendship
Identifying Feelings
Alike and Different
Healthy Choices
Personal Safety

First Grade

A Bug and a Wish
Problem Solving
Listening Skills
Personal Safety
Healthy Choices

Second Grade

Big Deal/Little Deal
Personal Safety
Medication Safety
Buggy Feelings
Building Friendships

Third Grade

Bullying
Positive Self-Talk
Personal Safety
Healthy Choices
Types of Conflict

Fourth Grade

Coping Strategies
Peer Pressure
Bullying
Healthy Friendships
Coping with Worries

Fifth Grade

Reputation
Rumors
Famous Failures
Medication Safety
Internet Safety

Zen at the Glen

We are so excited to announce our new Zen Room. This area in the counseling suite has been transformed into a calming area for students to utilize when they need a calming break from the classroom.

This area is equipped with bean bag chairs, different manipulatives, puzzles, stuffed animals, a calming sound machine, and posters with positive affirmations and strategies to help students self-regulate.

Please encourage your student to visit as needed for a calming space to self-regulate.



Coming Soon... Career Day 2024



Meadow Glen Elementary will have Career Day on March 20th. Our third, fourth, and fifth grade students will participate in a Career Fair. These students will rotate around the cafeteria and visit tables to ask questions about different careers.

Our preschool, kindergarten, first, and second grade students will have Vehicle Day on April 18th. These students will have the opportunity to visit different vehicles and learn about the careers that go with each one.

If you would like to be a part of the Career Fair for third, fourth, and fifth grade on March 20th or be part of Vehicle Day for preschool, kindergarten, first, and second grade on April 18th, return the bottom portion below by Friday, February 2nd. Contact one of the school counselors if you have any questions.

I would like to:

_____Be part of Career Fair in the cafeteria for 3rd, 4th, and 5th (March 20th).

_____Use my/my company's vehicle as part of Vehicle Day for 4K-2 (April 18th).

Name _____

Child's Name/Grade _____

Phone _____

Email _____

Your Career/Vehicle _____

You can contact one of the school counselors at 821-0400. You can also email them at jwhatley@lexington1.net, smack@lexington1.net, or msanzgiri@lexington1.net.