

3/29/2024

Happy Spring!

It is hard to believe we only have a couple of months left in the 2023-2024 school year! It was good to see those of you who stopped by the Counseling table at Open House and tried out the Bubble Breathing relaxation activity or picked up some of the resources!

This month in 4th and 5th grades we have been focusing on gratitude, emotions, and thinking about end of the year test taking tips. For the gratitude lesson, the kids came up with at least six examples of why they are lucky to be them. They wrote those examples on their Lucky Charms picture. We talked about how the students could make it a family challenge to come up with a Thankful Jar and add strips of paper with various reasons explaining why each family member is grateful, then reading them after a week, month, or a year.

For emotions, we have been working on identifying different types of emotions, what they can look like, sound like, and feel like, and the causes of them in hopes that the students will be able to identify what they are experiencing and be able to communicate that more effectively when needed. We will continue working on this next month along with identifying our positive characteristics and working on self confidence.

As the end of the year nears, we are getting closer to end of the year testing. We began talking about ways to prepare and relax during testing times. The kids did a coloring activity for the introduction of this. We will continue to work on this next month as well.

Our 8th graders signed up for their high school classes and designed their four year plan in AERIES. If your student has not turned in their pink paper and white packet, please get them in to the office right away! The high school counselor will be working on scheduling over Spring Break. If your student needs to go to credit recovery, they go on Tuesdays and Thursday from 2:45-3:45. Tutoring is still available Monday, Tuesday, Thursday, and Friday each week from 2:45-3:45.

Spring Break and summer are ideal times for college campus visits. It is never too early to expose your student to different levels of college campuses. For Junior Colleges, we have Yuba, Butte, Sierra, Sac City, American River, and Cosumnes River all within an hour from Colusa. Chico State, Sacramento State, William Jessup, and UC Davis are four year colleges nearby. There are many trade schools available as well and offer students incredible opportunities.

CJSF applications were due this week. We will be meeting with the 8th grade members to talk about graduation awards. Members meeting specific criteria will be taking a trip to Six Flags in May.

Wishing you all a wonderful Spring Break!

Mrs. Knox 😊