

Counselor Connection

May 2026

Madden Elementary

What We Learned

Our character trait for the month of May is Courage. Courage is the ability to do something difficult or face your fears, even when it's scary or hard. It can also mean having the strength to stand up for what you believe in, even if others might not agree. Anyone can have courage. Some people show courage at school or work. Some people show courage when they are having fun.

The school year is coming to an end this month--Huskies let's finish strong and handle each day's challenges with courage and determination

Mental Health Awareness

May is Mental Health Awareness month. Mental Health is as important as physical health; it involves how we think, feel, and behave. It's important to know that we can learn to manage stress, cope with difficult emotions, and seek help when needed.

Here are some ways to support your child's mental health during the summer months:

- *spend time in nature
- *spend time with loved ones
- *exercise
- *do an activity they enjoy
- *try something new
- *limit time spent on technology
- *do something to help someone

Husky Happinings

5th Grade Music Program--May 7

Field Day--May 15

Talent Show--May 20

No School: May 25

Awards Day:

May 26-- Grades: 1st, 4th, and 2nd

May 27-- Grades: K, 3rd, and Pre-K

May 28--5th Grade

Last Day of School--May 28

Middle School Information

Your middle school campus will be reaching out to families of incoming 6th graders in early summer to share information about Middle School orientation.

I wish 5th graders all the best!! Have a safe and fun-filled summer. I am so proud of you!!

Courage

HAVE
COURAGE



it's okay to
feel your
feelings

mental
Health
Matters

