

## Core Values 2024-2025

### August

**Responsibility** – Proving you can be trusted with what is expected of you

### September

**Commitment**– Making a plan and putting it into practice

### October

**Respect** – Showing others they are important by what you say and do

### November

**Self-Control** – Choosing to do what you should even when you don't want to

### January

**Growth Mindset/Perseverance** – Refusing to give up when life gets hard

### February

**Compassion** – Caring enough to do something about someone else's need

### March

**Integrity** – Choosing to be truthful in whatever you say and do

### April

**Teamwork/Cooperation** – Working together to do more than you can do alone

### May

**Leadership/Trust** – Putting your confidence in someone you can depend on



# SBE Counselor Connection

Sonal Bhuchar Elementary

December 2024

## Message from the Counselor

As we approach the end of the first semester, our school will be focusing on the Core Value of gratitude. Practicing gratitude helps students develop a positive outlook and build stronger relationships with others. When we practice gratitude, we focus on the good things in our lives, both big and small, which improve happiness and mental well-being. For students, showing gratitude can help them appreciate the efforts of those around them, fostering a sense of kindness and respect. Encouraging students to say thank you, write appreciation notes, or reflect on what they are thankful for can make a big difference in their emotional growth. Counseling lessons in November and December have been focused on our Circle of Control. This is a powerful tool that encourages students to focus on their own actions, thoughts, and responses while learning to let go of things beyond their control. By learning to recognize what they can control, students develop a sense of empowerment and reduced stress. This ties directly to gratitude. When students focus on the positive things they have control over, such as their attitudes and efforts, they are more mindful of what they have to be thankful for. It also helps them see that while they can't always change the challenges they face, they can choose to respond with gratitude. This mindset helps boost resilience and strengthens emotional well-being. I am grateful to work with our little Bengal trailblazers and our school community. Please feel free to contact me if you have any questions or if I can help in any way.

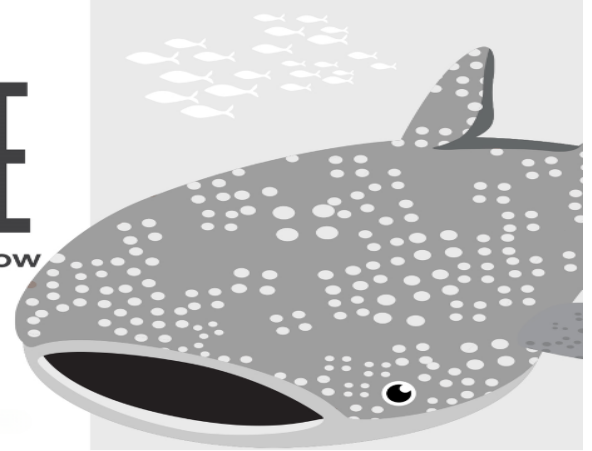
Monica Sane

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## December Core Value

# GRATITUDE

Letting others know you see how they've helped you



## Career Day

Our campus Career Day will be held on Friday, January 31st. This is an opportunity for students to learn about a diverse range of professions and spark interest in potential future career paths. Career Day also allows students to connect their classroom learning to real world applications. If you are interested in sharing insights about your career, please look for more information in your child's grade level newsletter or contact your child's teacher. Students enjoy this chance for families to participate in student learning!