

Sparkler Counselor Newsletter

THIRD QUARTER



KINDNESS MATTERS

In connection with building a supportive and inclusive school community, SME will be demonstrating and highlighting acts of kindness throughout the month of February.

If students, staff, or visitors to campus happen to "catch" a student, staff, or community member being kind, you can shout them out by filling out a "Caught Being Kind" card. You can place the completed cards in the Kindness Box at the front office. It's pink and decorated with hearts. Extra copies of the cards will be available there as well.

The Kindness Box will be checked daily, and a few cards will be shared each morning on the announcements and later added to the Kindness Tree display going up in the hallway next to the Clinic.

I look forward to seeing how much kindness our SME community can spread! ❤️

Random Acts of Kindness Week Feb 15 - 21st

Random Acts of Kindness Day is Feb 17th
Do at least three acts of kindness—one for a friend, one for family, one for a stranger

UPCOMING EVENTS

- MLK Holiday - Jan 19th
- Lead with Love Sock Drive - Feb 1 - 27
- 100th Day of School - Feb 4th
- Class Picture Day - Feb 5th
- Kids Heart Challenge & Valentines Day Classroom Parties - Feb 11th
- Early Release Day - Feb 12th
- Student Holiday - Feb 13th
- Staff & Student Holiday - Feb 16th
- Student Holiday - Mar 6th
- Field Day - Mar 13th
- Spring Break Holiday - Mar 16 - 20th

CHARACTER TRAITS OF THE MONTH

January: Courage

Courage helps us face challenges and keep going, even when things are hard.

February: Kindness

Kindness is being friendly and caring towards others.

March: Integrity

Integrity is choosing to be truthful in whatever you say and do.



CHILDBUILDERS

The ChildBuilders' Stand Strong • Stay Safe is a resilience-building curriculum designed for students to gain essential knowledge and skills that support mental health and promote personal safety at home, at school, and in their communities.

ChildBuilders also offers resources for parents and caregivers. Please scan the QR code below to sign up for one of the free parent webinars being offered this month!

Visit the [ChildBuilders](#) website to learn more!



SCHOOL COUNSELOR REFERRAL

If you would like me to speak with your child, please complete a counselor referral form by clicking on the link above.



Dear Sugar Mill Parents/Guardians,

Greetings! My name is Roxanne Hrar, and I am the professional school counselor at Sugar Mill Elementary. The elementary years are a time when students begin to develop their academic self-concept and understand how they learn and build confidence in their abilities to be successful at school. It's also a time when students develop decision-making and communication skills in addition to character values. As students grow and learn throughout the elementary years, they acquire and develop attitudes towards self, peers, school, social groups, and families.

Elementary school counselors are uniquely trained educators in learning strategies, child development, self-management, and social skills. As an elementary counselor, I implement a comprehensive school counseling program to support student success. This includes guidance lessons that align with the Fort Bend ISD Profile of a Graduate, focusing upon knowledge, attitudes, and skills students need to acquire in support of academic, social/emotional, and career development. These skills serve as the foundation for future success.

For the 2025-2026 school year, guidance lessons may include the following topics:

- Character Education (This year's traits: Responsibility, Fairness, Respect, Citizenship, Gratitude, Courage, Kindness, Integrity, Cooperation, and Leadership)
- Friendship/Getting Along with Others
- Bully Prevention
- Mental Wellness and Safety Resources (Grades 3-5)
- Assertiveness Skills to Support Student Safety (ChildBuilders Lessons)
- Conflict Resolution
- College and Career Exploration
- Understanding Differences (in support of No Place for Hate)
- Making Healthy Choices (in support of Red Ribbon Week)
- Transition to Middle School (5th grade only)
- Mindfulness/Coping with Stress (Grades 3-5)
- Now That You're Ten (Delivered to 4th grade and 5th grade by the Fort Bend County Sheriff's Department to educate students about Texas laws that affect children once they turn age 10).

I look forward to seeing your child this year. If you have additional questions, or you would prefer your child not participate in specific guidance lessons, please contact me at Roxanne.hrar@fortbendisd.gov or 281-634-4444.

Sincerely,

Roxanne Hrar