



# Counselor's Corner

October/November  
2024



## Important Dates

**Thursday, Oct. 3<sup>rd</sup>**

"Student of the Month" breakfast celebration for September – [see page 2](#)

**Monday, Oct. 7<sup>th</sup>**

NEHS monthly meeting in the library at 7:30am

**Monday, Oct. 21<sup>st</sup> – Friday, Oct. 25<sup>th</sup>**

2<sup>nd</sup> grade Universal Screener (CogAT/GT testing)

**Monday, Oct. 28<sup>th</sup> – Friday, Nov. 8<sup>th</sup>**

GT testing for kindergarten – 5<sup>th</sup> grade (except 2<sup>nd</sup> grade)

**Monday, Oct. 28<sup>th</sup> – Thursday, Oct. 31<sup>st</sup>**

Red Ribbon Week – [see page 4](#) for info

**Thursday, Oct. 31<sup>st</sup>**

- Book Character Day/Parade – All students & staff are encouraged to dress up as their favorite book character. No full-face masks or play weapons please! 😊
- After school – "Girls on the Run" practice 5K at the Highlands Park – GOTR families welcome to join, [NEHS service opportunity for 1.5 hours](#)

**Friday, Nov. 1<sup>st</sup>**

District Holiday - No School

**Monday, Nov. 5<sup>th</sup>**

NEHS monthly meeting in the library at 7:30am

**Thursday, Nov. 7<sup>th</sup>**

"Student of the Month" Breakfast celebration for October – [see paper invite & upcoming email](#)

**Friday, Nov. 8<sup>th</sup>**

- Veterans Day Program at 8:30am – 9am: [see page 4 for the flyer](#)

**Monday, Nov. 11<sup>th</sup>**

Veterans Day – No School

**Saturday, Nov. 23<sup>rd</sup>**

"Girls on the Run" 5K at Rice University! 😊

**Monday, Nov. 25<sup>th</sup> – Friday, Nov. 29<sup>th</sup>**

Thanksgiving Break – No School

## National Hispanic Heritage Month

For Hispanic Heritage Month, we want to recognize individuals that made a difference in history and to celebrate the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America, which is annually observed **September 15 – October 15**. Cesar Chavez & Dolores Huerta were important labor activists for migrant workers. Hector P. Garcia led a long, decorated career as a US Army officer who served in World War II, earning six Bronze Stars for his efforts. Nydia Velázquez is the first Puerto Rican woman to serve in the United States Congress. She has served in the United States House of Representatives since 1993. These are just a few of the incredible influential Hispanics that are part of our history!



## October is Bullying Awareness Month

October is Bully Awareness and Prevention Month! To help prevent bullying at Highlands, we are providing strategies for students to resolve conflicts with peers — like speaking to the other person directly and then seeking adult help. Teachers are also building a positive classroom community where students are encouraged to share their feelings amongst each other and with the teacher. **Parents & guardians** – please be mindful if you allow your child to have a cell phone. Set limits, [monitor daily usage](#), and have conversations with your child about appropriate language and content. [See page 3 for more information.](#)

PreK – 2<sup>nd</sup> grade will learn the definition of bullying and the importance of kindness. Students will learn different strategies to stand up for himself/herself and getting adult help when needed. A child can ignore mean words or actions, but most importantly, you child will learn to say, "Stop! I don't like that!" in a strong, brave voice. Students will also discern the difference among arguments, disagreements, and bullying.

## November's Core Value of Leadership & Citizenship

I will be talking with students about positive characteristics of a leader and examples of how to be a good citizen. As they get older, students will learn the power of their voices, their strengths on how to contribute to their local community, and how to influence others in positive ways.

## Mrs. Hsu's contact information:

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Phone #: 281-634-4164

Highlands ES Counseling website:

<https://www.fortbendisd.com/Domain/8212>

### October Core Value: Courage

Being brave to keep going, even if something is new or is challenging.

### November Core Value Leadership & Citizenship

Setting an example of being a positive leader by obeying rules, laws, and cooperating with others

## September & October “Student of the Month” winners

Congratulations to all our students who showed **POSITIVITY in September** by finding the good in tough situations and working through hard times. We are also celebrating students who showed **COURAGE in October** by being brave to keep going, even if something is new or is challenging.

The list combines students who earned a “Happy”, “Pawsome”, “Pawsitive Attitude”, “Courage”, or “Challenges Ahead” spirit stick AND “Student of the Month” title. The picture collage is the breakfast celebration for our **September “Student of the Month”** winners.

Azlaan A.	Camila M.	Charlotte W.	Vivienne B.	Ezra M.	Nyx M.	Sofia Z.
Kinsley M.	Carson C.	Laylani D.	Evan Q.	Saniyah W.	Saachi T.	Clark T.
Sebastian D.	Joyita U.	Edrick J.	Monica C.	Nestor R.	Zakiya D.	Aadya M.
Waleed M.	Delilah S.	Annie T.	Hannah M.	Anishka S.	Nyla J.	Sofie A.
Abby G.	Zhibek M.	Alexis V.	Violet N.	Chance R.	Rania T.	Margaret C.
Leum V.	Levi G.	Ashton J.	Johanna O	Joshua B.	Olive L.	Lyla S.
Madelynn S.	Mila K.	Jakoby	Shivansh D.	Vincent N.	Aaron L.	Stella S.
Samuel E.	Kylie R.	Judah M.	Logan K.	Ahmed B.	Emily L.	Christopher C.
Juan M.	Zayd R.	Joyita U.	Jennifer L.	Finley M.	Lily D.	Taif A.
Maddie M.	Cameron H.	Levi A.	Francesco S.	Knight S.	Kahlyl	Greyson B.
Olive L.	Paulette P.	Juan A.	Adrian W.	Angel M.	Ethan	Lailah F.
Miles S.	Max C.	Lincoln T.	Gary B.			





## Bullying/Cyberbullying Prevention and Internet Safety

During guidance lessons on bullying, the students are discerning the difference between bullying and non-bullying situations, techniques on how to help someone who is being bullied, and the steps that they should take to report bullying. With grades 3-5, we will talk about cyberbullying with social media and texting. Highlands Elementary is a “No Place for Hate” campus—we strive to have a safe environment and an atmosphere where all students feel valued. We encourage parents to contact us immediately if you know that your child is being treated inappropriately at school. Bullying is hurtful and it will not be tolerated. It’s important that the students use internet safely, such as being mindful of what he/she posts or texts others.

T – Is it true?

H – Is it helpful?

I – Is it inspiring?

N – Is it necessary?

K – Is it kind?



Please be aware that there are age restrictions for children to open social media accounts.

**Majority of the ones that our students are using have an age restriction of 13.** Some sites can be a dangerous place for younger children, potentially exposing them to bullying, inappropriate content or grooming. (reference: [https://www.huffingtonpost.com/diana-graber/3-reasons-why-social-media-age-restrictions-matter\\_b\\_5935924.html](https://www.huffingtonpost.com/diana-graber/3-reasons-why-social-media-age-restrictions-matter_b_5935924.html))



Please make sure you have open conversations about the social media apps and internet activities. I wanted you all to be aware that even if you follow your child on a social media app, he/she still has the ability to change different views from his/her setting. Social media apps that your children know about, use, and or shared with me during our class discussions: **Snapchat, Instagram, Twitter, TikTok, iMessages/texting, Facebook, WhatsApp, Roblox & Minecraft – both have chat features in the game, YouTube**

# RED RIBBON WEEK

Mon. 10/28	Tues. 10/29	Wed. 10/30	Thurs. 10/31	Fri. 11/1
<p>50th Day of School</p> <p>"Drugs Are Old News"</p> <p>Wear 1950's attire</p> 	<p>"Peace Out To Drugs"</p> <p>Wear tie dye, peace signs, hippy attire</p> 	<p>"Team Up Against Drugs!"</p> <p>Wear your favorite team <u>shirt</u></p> 	<p>Storybook Character Day</p> <p>"We Have <u>A</u> Story To Tell!"</p> <p>Dress as your favorite storybook <u>character</u></p> <p>Storybook Character Day</p> 	<p><b>NO SCHOOL</b></p>

## Remembering Our Amazing Veterans



Attention Highland's Parents:

As we prepare for Veterans Day, we would love for our families to create posters of the Veterans in their family. We will display the posters on the wall of heroes allowing students and staff to view all of the amazing Veterans. Posters will be due to the front office by November 4, 2024.

Thank you for supporting Highlands!

Highlands Veteran's Day Program

Friday, November 8, 2024

Time: 8:30am - 9:00am

Location: Highlands Cafeteria

Veterans:

If you are attending, please RSVP with your child's teacher by Monday, November 4th.