

counseling corner with  
M S G A I N E S

## MARK YOUR CALENDAR

- 9/17: Patriotic Troop Training
- 9/24: Color Run pep rally
- 9/27-9/30: Color Run
- 9/29: eS2S applications due
- 10/25-10/29: Red Ribbon Week

## UPCOMING LESSON TOPICS

In the month of September our lesson focus will be centered around “dependability”. In Kindergarten and 1st grade we will be reviewing how to listen without interrupting and establishing good work habits. In 2nd grade we will be learning several coping skills to help ease worry and anxiety with the help of our “Worry Worms”. In 3rd-5th grades, we will focus on setting SMART goals and how to “a-CHOMP-lish them.

**CONTACT  
MS. GAINES**

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Happy September!

You should have received a “Counselor’s Corner” Newsletter in your child’s Tuesday folder this month. That newsletter was to introduce myself, Ms. Gaines, to you all and tell you a little about our counseling program here at Heritage. I am so excited to officially announce that we have a split-time counselor joining our Heritage family. Please join me in welcoming Mrs. Jamie Ratcliffe to the Ram Fam. She will be with us on Mondays, Tuesdays and every other Friday. We will be sharing her with Midtown Elementary.

### Kindergarten

Daylin Jack, Charlie Kallush, Chloe Garcia, Annalise Chown, Emory Heerdink, Ryleigh Rush, Bennett Black

### First Grade

Sofia Dominguez, Micah Sykes, Tatum Pride, Elijah Miller, Gabe Kiser, Mia Phan, Clark Moore, Maelynn Jolley

### Second Grade

Emma Ellis, Kane Janny, Hannah Chambers, Mary Grace Kimberly, Megan Tran, Thomas Syratt, Kate Clark

### Third Grade

Laila Hall, Alaina Lamar, Genya Eliseev, Tinsley Watson, Kinsley Fahrman, John Ellis Clements

### Fourth Grade

Emma Hunter, Dylan Lobaugh, Kya Jackson, Logan Imker, Khaleb Davis, Jacob Deken, Claire Couch

### Fifth Grade

Ava Cvengros, Della Wilson, Ava Marker, Nadia Holmes, Mallory Lopez, Rinat Bajaj

## LEADERS OF THE MONTH

## A NOTE FROM MS. GAINES