

COUNSELING NEWSLETTER



SEPTEMBER
2024

What the counselors and school are up to

This month, all students in Kindergarten up to 3rd grade will receive social emotional lessons in their classroom taught by their School Counselor. September's lessons will be all about managing emotions. Check out what your child will be learning in these lessons below! We encourage you to download this [Zones of Regulation](#) chart to help your child(ren) name and understand their emotions!

SEL Lessons:

[Kindergarten](#)

[1st Grade](#)

[2nd Grade](#)

[3rd Grade](#)

Our school has started a PBIS program to encourage our students to display our core values (aloha, kuleana, and 'imi na'auao). The students have been earning "gotcha tickets" for opportunities at getting a prize. If you want to learn more about PBIS, check out this [article](#).

School Announcements

Don't forget to report all your students' absences by calling the main office at (808)-727-4700 or filling out the [online absence form](#). Regular attendance is super important! Here's [why](#).



Helpful Tips

Has your child been anxious about coming to school? Morning transitions have been tough? Check out this [article](#) with some helpful tips about refusal to come to school and this [article](#) with some advice for when your child is anxious.



Upcoming

- Sept. 2nd: Labor Day, no school
- Sept. 11th: Open House, 5:30pm-7:00pm; all grades



K-1 Counselor: Ms. Abby abigail.strods@k12.hi.us
2-3 Counselor: Ms. Greenberg kelly.greenberg@k12.hi.us
4-5 Counselor: Mr. Burgess randall.burgess@k12.hi.us

