

**PLEASE SCROLL THROUGH
EVERY SLIDE SO YOU DON'T
MISS ANY IMPORTANT
INFORMATION.**

Included in this Thursday's Folder:

1. Counselors Corner
2. Play it Safe
3. Clinic Donations
4. Movie Night
5. Stuff the Bus
6. PTO Volunteer Sign-up



Counselor's Corner

November 2019

In November I will be covering new topics that align with our district's counseling curriculum. This month I will be teaching lessons on Grit in grades 1st- 4th. In Kindergarten, we will have a lesson from the Play It Safe program, which helps students recognize abusive behavior, and provides tools that children can use to be safe. (I have included an informational flyer, about this program, in this month's Counselor Corner.) Fifth grade will have their next lesson in the beginning of December, which will be on Diversity.

All the Things that Autumn Brings

The season of temperatures cooling, leaves falling and pumpkin picking is here. The marketing slogans abound with pumpkin spice everything, conveying the image of fall holding promises of yummy food and drinks, football games, holidays and togetherness. The truth lying behind these warm and fuzzy messages is less comforting and less easy to discuss. With fall comes change; busier schedules (a sense of having to 'keep up'), shorter days (seasonal affective disorder/less daylight), anticipation of holidays (family feuds) and increasing anxiety levels (March and late October show highest Google searches for depression and anxiety). As a wise man once said, "knowing is half the battle". Recognizing these trends exist can help families prepare. Knowing this word is all over social media and storefronts, let's use it as a reminder: **AUTUMN**

Attend to the things your family enjoys, not what everyone else is doing.

Understand the impact your family of origin challenges has on your life now.

Take care of your body. Eat well and exercise your body and soul 5 times weekly.

Use deep breathing. Breathe in for 5, hold for 5, and let out for 5... times 5.

Model self-care. The kids are watching and learning from you.

Nature is needed. Spend time in nature daily to combat the seasonal effect on mood.

Contributed by the Prosper ISD Parent Education Committee



Anti-Victimization Unit

Per Texas Education Code 38.004 and Prosper ISD Board Policy, “a district shall provide child abuse anti-victimization programs in elementary and secondary schools.” Prosper ISD School Counselors use the Play It Safe! Curriculum to educate our K-4 students on this topic. Play It Safe! Is comprised of age-appropriate scripts and a corresponding movie for each grade level.

Throughout the lesson, students will learn about the different types of touches, the safety rules, decision making skills, & assertive responses.

- Safe Touches (These make us feel cared about and safe. Ex: Hugs, high fives, pat on the back)
- Unsafe Touches (These are when someone tries to hurt us and it leaves a mark, a bruise, or a cut, and it lasts a long time.)
- Confusing Touches (These are when someone tries to look at, take a picture of, or touch our private parts for no reason, or make us look at or touch their private parts.)

The 3 Safety Rules!

1. Say NO!
2. Get Away - when you can!
3. Tell a Trusted Adult

FOR MORE INFORMATION, VISIT:
[HTTP://WWW.PLAYITSAFE.ORG/INDEX_PARENTS.PHP](http://www.playitsafe.org/index_parents.php)

Nurse Burgess needs YOUR help!



Have you cleaned out your kids' closets lately???

The Clinic is in need of clothing! Please consider donating gently used clothing (and/or new underwear) to the clinic.

All children sizes are appreciated but there is a great need for underwear and clothing in size 6.

Donations can be dropped off in the front office or at the clinic.

**If you have questions, feel free to contact Nurse Burgess (saburgess@prosper-isd.net).
Thank you for your help!**





OUTDOOR MOVIE NIGHT

NOVEMBER 9, 2019 | 7 PM
@CHILDREN'S HEALTH STADIUM

MORE INFORMATION AT

WWW.PROSPEREDUCATIONFOUNDATION.ORG

FREE EVENT - DONATIONS ENCOURAGED

AT THE DOOR OR ONLINE

PROCEEDS BENEFIT PEF SENIOR SCHOLARSHIPS

FOR THE CLASS OF 2020





OUTDOOR MOVIE NIGHT

NOVEMBER 9, 2019 | 7 PM
@CHILDREN'S HEALTH STADIUM

MORE INFORMATION AT

WWW.PROSPEREDUCATIONFOUNDATION.ORG

FREE EVENT - DONATIONS ENCOURAGED AT THE
DOOR OR ONLINE. ALL PROCEEDS BENEFIT PEF'S
SENIOR SCHOLARSHIPS FOR THE CLASS OF 2020



PTO Volunteer Sign-Up
links will be found at the
link below throughout
the year!!

<https://cockrellpto.membershiptoolkit.com/signup-links>