

COUNSELOR'S CORNER

APRIL 2025

Dear Families,
This month our lessons will be focused on **Self-Control**. We are learning to stop and think before we respond in challenging situations. Stopping and thinking before responding can give us time to calm ourselves and allows us to choose the best way to respond. Self-control is an essential skill that helps students make positive choices, manage their emotions, and stay focused on their goals.

April is also the month of SBAC. Big tests like this can feel overwhelming, so we are helping students refresh their coping skills & test-taking strategies to boost confidence and reduce stress.

MS. JOHNSON & MS. CAMPBELL



CONTACT US!

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LINKS

[Parent Referral Form](#)

[Menu of Services](#)

[ASCA Mindsets & Behaviors](#)

APRIL EVENTS

SBAC- Science (5th grade only): 4/1-4/2
ELA: 4/7, 4/8, 4/9, 4/10
Math: 4/15, 4/16, 4/17

Book Fair: April 7th -11th

Muffins in the Morning: 4/9 from 8-9 am

Glow Dance (4th & 5th grade only): 4/24

Fine Arts Night: 2/11 from 4:30-6 pm

WAYS TO PRACTICE STOP & THINK AT HOME

- When you feel a strong emotion, model stopping and thinking before responding in the situation.
- Create a family hand signal or phrase to remind each other to stop and think before reacting.