

February

COUNSELOR MONTHLY NEWSLETTER

Be Kind



UPDATES!

Hi DSIS students and parents!
This month we are celebrating Kindness Week from February 13-17, and Random Acts of Kindness Day is February 17. This website has a lot of resources on what kindness is and how we can show kindness at home and school!

<https://www.randomactsofkindness.org/>

FEBRUARY THEME: LOVE AND
KINDNESS



DSIS
COUNSELOR
INFO:

If you would like to make an appointment with Ms. Trlak, please send her a canvas message or email, ktrlak@djUSD.net

530-757-5333 ext 370
Office hours: 8:30-3:30 pm

Monthly Mantra: "I can show kindness by...."

HAPPY
VALENTINE'S
DAY



IMPORTANT DATES

February is Black History Month!

February 6-10: National School Counselor's Week

February 13: local holiday-No School!

February 14-17: Kindness Week

February 14: Valentine's Day

February 17: Random Act of Kindness Day

February 20: Presidents Day-No School!

10 Ways Kids Can Be Kind

1. Ask a new friend if they want to play
2. Write a compliment note to someone
3. Teach your sibling something new
4. Ask mum or dad if you can help set the table or tidy a room
5. Share a toy or book with a friend
6. Give your mum or dad an extra hug
7. Compliment the cook on the food
8. Make a thank you card for your teacher
9. Pick up litter in your neighbourhood
10. Hold the door open for someone

★ Bonus: Smile at someone who needs cheering up



Sassy Mama