

# Counselors' Corner

Meadow Glen Elementary

October 2018



Mrs. Hendrix works with kindergarten and fifth grade. Email - khendrix@lexington1.net

Mrs. Mills works with first grade and fourth grade. Email - kmills@lexington1.net

Ms. Mack works with second grade and third grade. Email - smack@lexington1.net

## Holiday Assistance

During the holiday season we often have churches and other organizations that want to offer assistance to families. They may offer to provide clothing, food items or school supplies. If you would like to be considered for this assistance contact Mrs. Hendrix, Mrs. Mills or Ms. Mack.

## Helpful Hints

### Topic: Being a Friend

The old cliché is true. In order to make a friend, you must first be a friend. Children who want to make friends need to:

**Develop an interest** - Sharing common interests is one of the surest ways to form and keep friendships.

**Be interested in others**- Put others needs before your own.

**Know when to give in** - Winning arguments doesn't always win friends.

**Smile** - No one wants to spend time with someone who is a sourpuss.

**Provide support** - Friends study, play and sit together. They give each other compliments. They're there when the other person has a bad day.

**Value yourself** - The best way to make and keep friends is to believe in yourself.

(Quicktips from The Parent Institute)

**Red Ribbon Week is October 29 - November 2, 2018.  
Information for each day is on the back.**