



WELCOME

TO A
CUPPA COUNSELORS

WE ARE SO GLAD YOU ARE HERE!

MICHAEL ELEMENTARY

.....

**WELCOME TO MARCH! WE ARE LUCKY TO
HAVE YOU!**

Michael families!

The month of February was LOADED with kindness, love and GROWTH!

The students learned through whole group guidance lessons the impact of their words! With the analogy of plants, students saw how negative words can hinder the "growth" in others around us, while kind and positive words, can water the soils of our hearts, helping us to grow into all that we can be!

We have loved cultivating deep roots of kindness on our campus and even enjoyed a SPECTACULAR Career Day that we would love to thank all of our parents, community helpers and businesses for being a part of!

During the month of March we are focusing on helping students develop those intrapersonal skills, like self-awareness and emotional regulation, to learn how to manage anxiety and worries. We are focusing on "shrinking" our worries for grades K-2, and for grades 3-5 will be focusing on test anxiety, as students gear up for STAAR in April!

As always, please reach out to us if you have any questions or concerns!

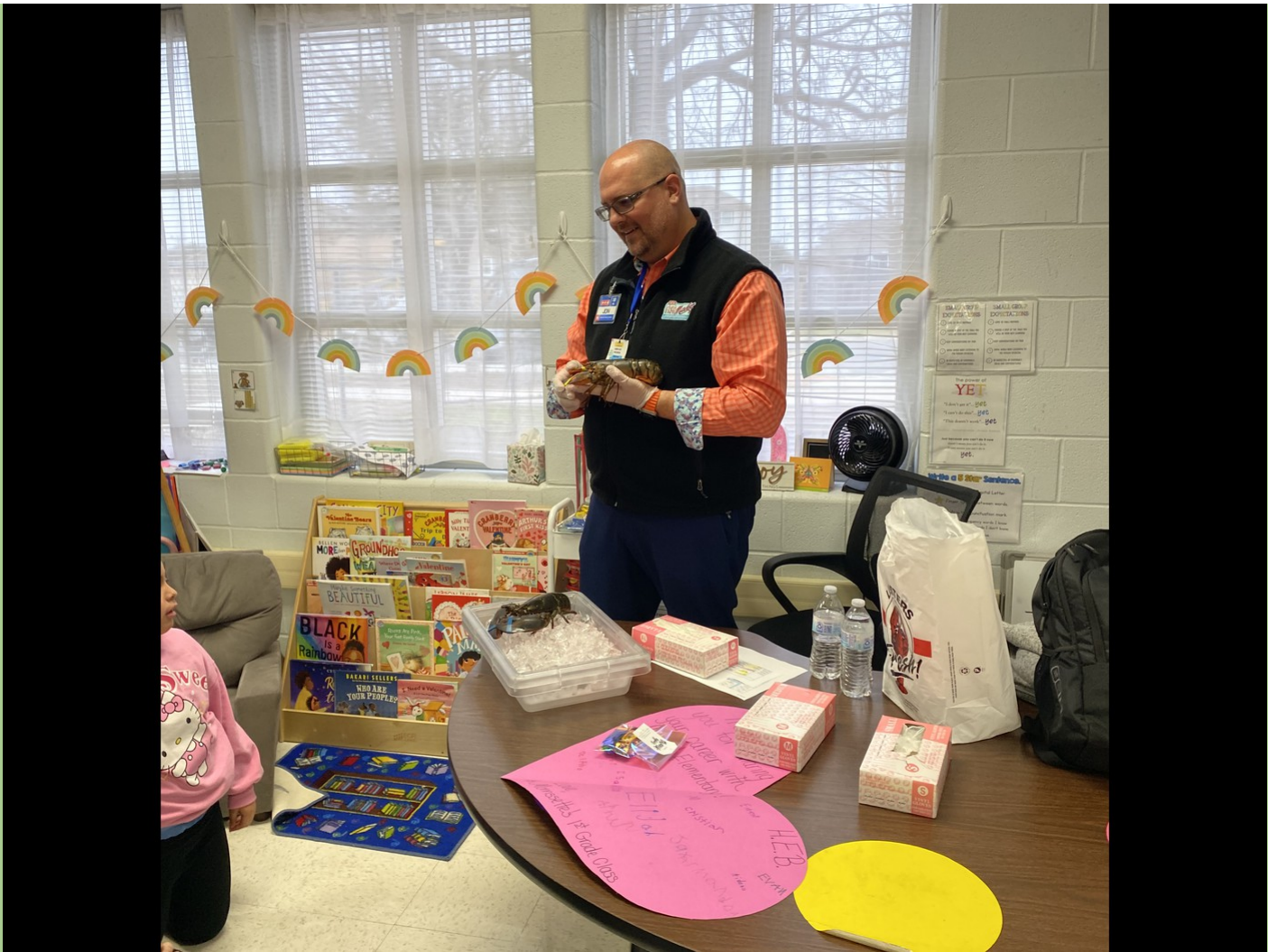
Mrs. Felix: christine.felix@nisd.net (PK, 2nd, 3rd, 5th): 210-397-3926
Ms. Sandoval: hannah.sandoval@nisd.net (ALE, K, 1st, 4th): 210-397-3925

FEBRUARY RECAP: CAREER DAY

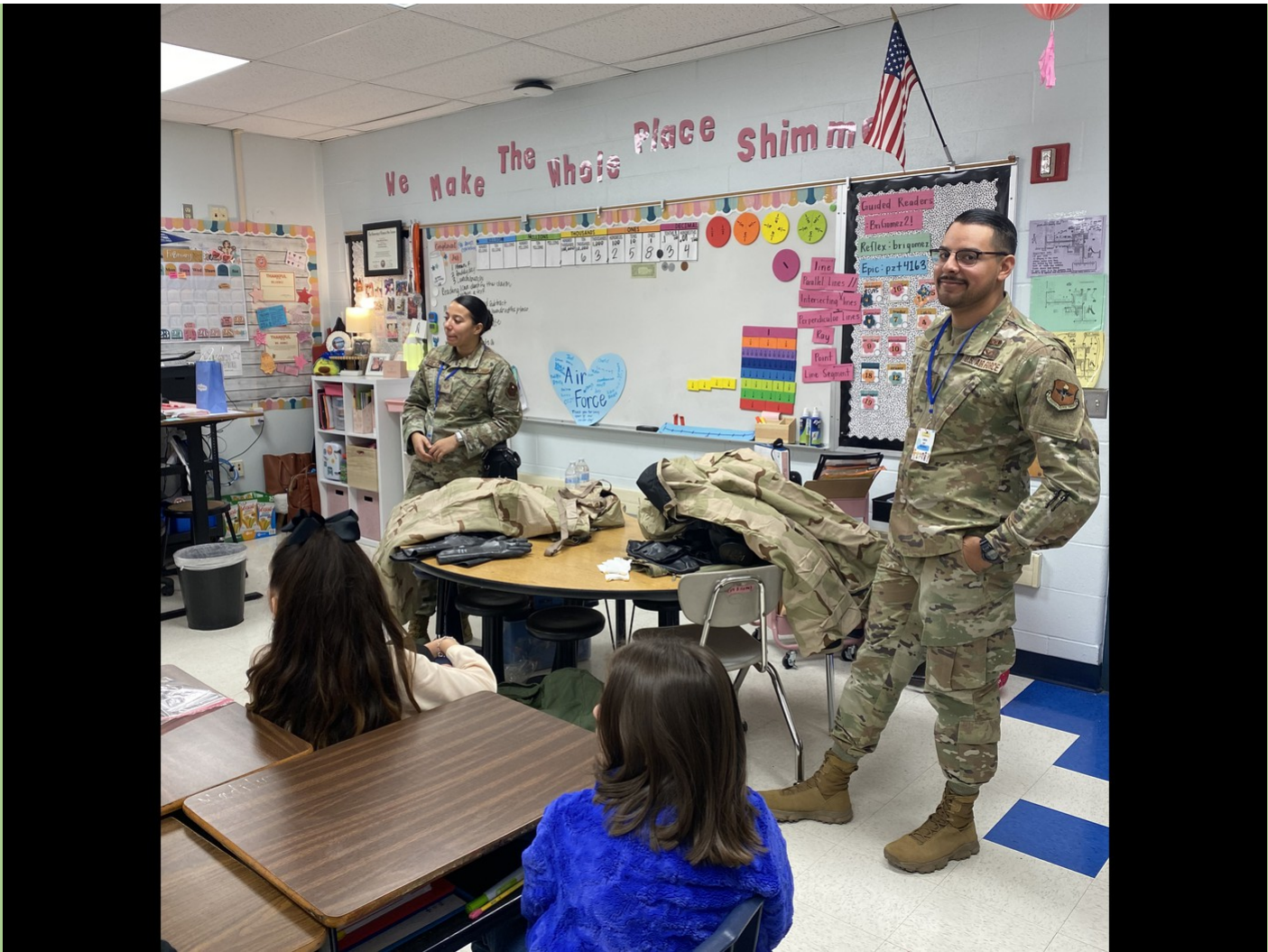
We are SO GRATEFUL to say that Michael Career Day 2025 was a HUGE SUCCESS! We cannot say thank you enough to our parents that served our students in presenting! Thank you to our community partners that participated, and thank you to all staff and families for the support of making this day one to remember!



FISH MARKET MANAGER-JONATHAN ROGGENBUCK



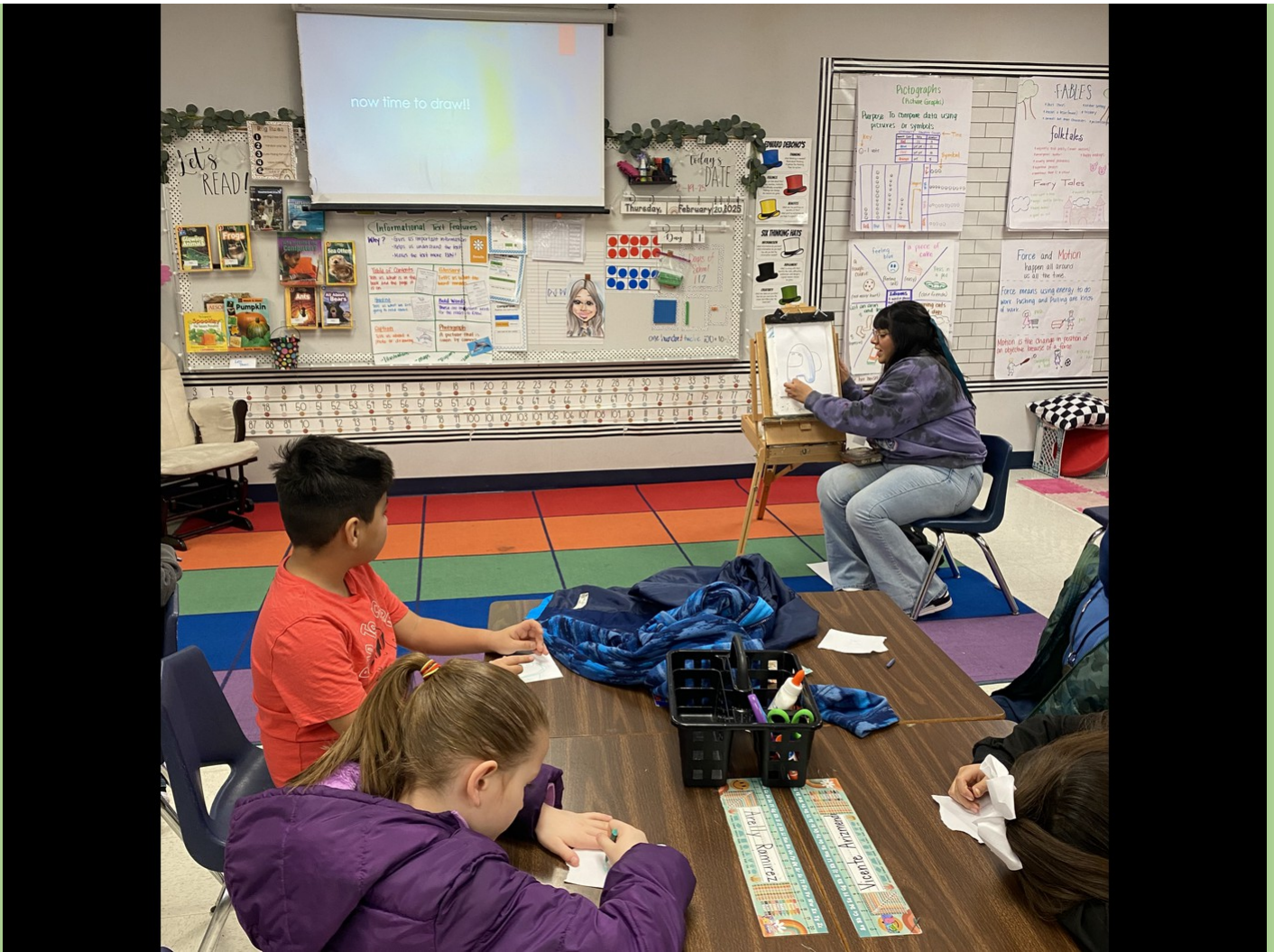
UNITED STATES AIR FORCE- SGT. COLBERT



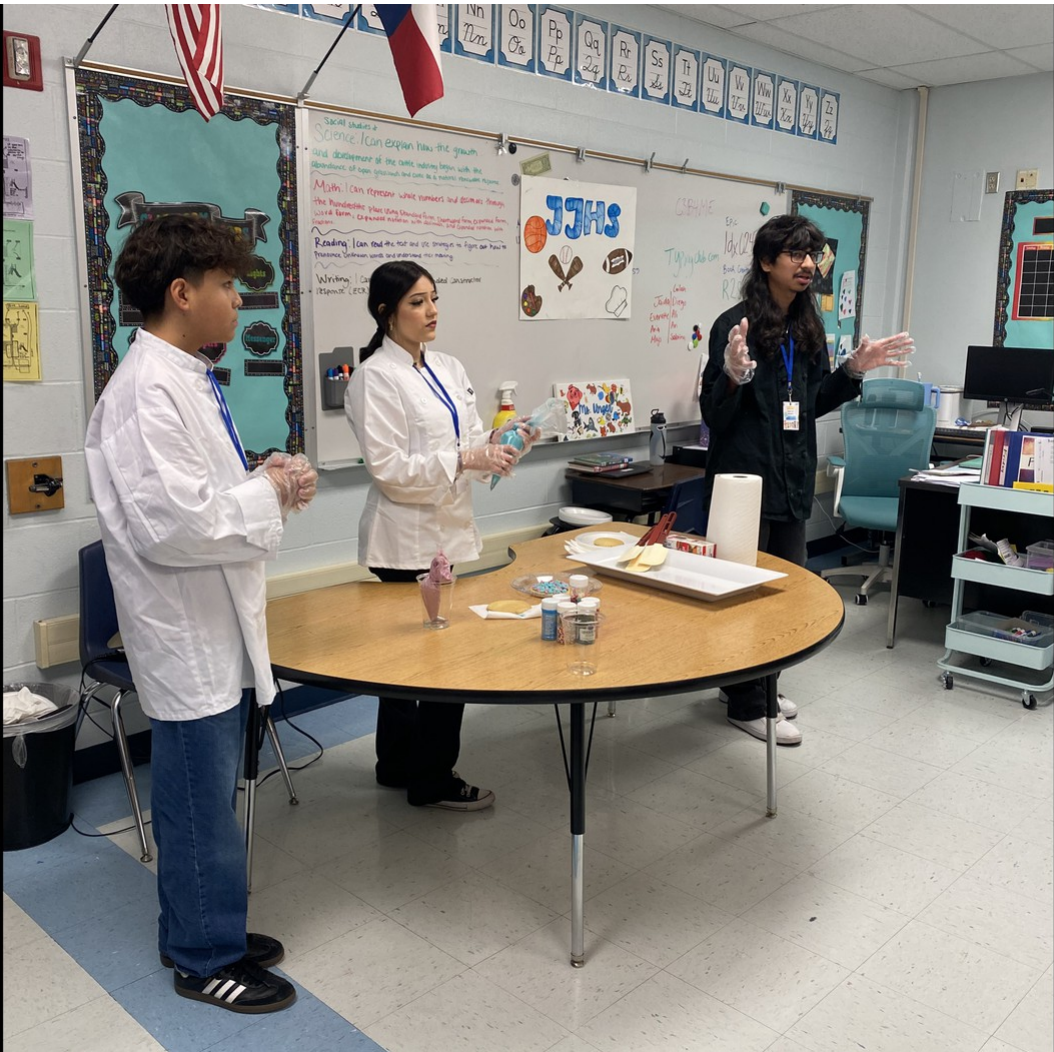
ADAM XCLUSIVE DJ



CARICATURE ARTIST- ELYSE EPPERSON



JOHN JAY CULINARY ARTS



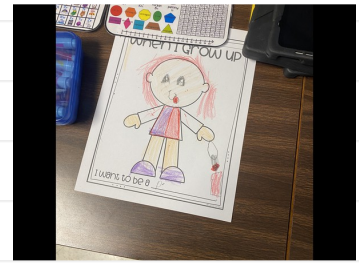
LICENSED CLASS A BARBER- MR. GUZMAN



CAREER EXPLORATION GUIDANCE LESSONS!

As an extension of our successful career day, we wanted to encourage students to reflect and explore what career they could see themselves doing, growing up. We wanted students to think about the multiple intelligence fields they learned about last month prior, and see where their interests, ways of learning and personalities could lead them to think about!

This created wonderful discussions and VERY creative Career Day Models!



MARCH GUIDANCE COUNSELING

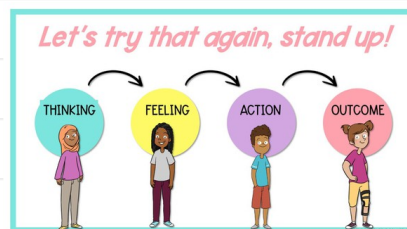
During our month of March our guidance lessons are geared toward anxiety and worries. Specifically in 3rd-5th grade, we are teaching students what test anxiety means, test preparation skills, changing negative thinking patterns, and coping strategies to help them with any concerns they may be having.

In our younger grades, students are learning about what a worry means, through a read aloud and activities.

They will also be learning about impulse control through challenging games that encourage them to focus and listen to specific tasks.



Impulse Control



Domino Effect (Thoughts, Feelings, Outcome): 3-5



Test Anxiety: 3-5

KID HEROES CLUB: PLANTING OUR ROOTS

This past month our Kid Heroes Club planted "purple seeds" to honor their military roots. We talked about while it may be possible that families have to move throughout their lifetime, they have a one of a kind opportunity to plant roots wherever they go, and see beauty in their growth!



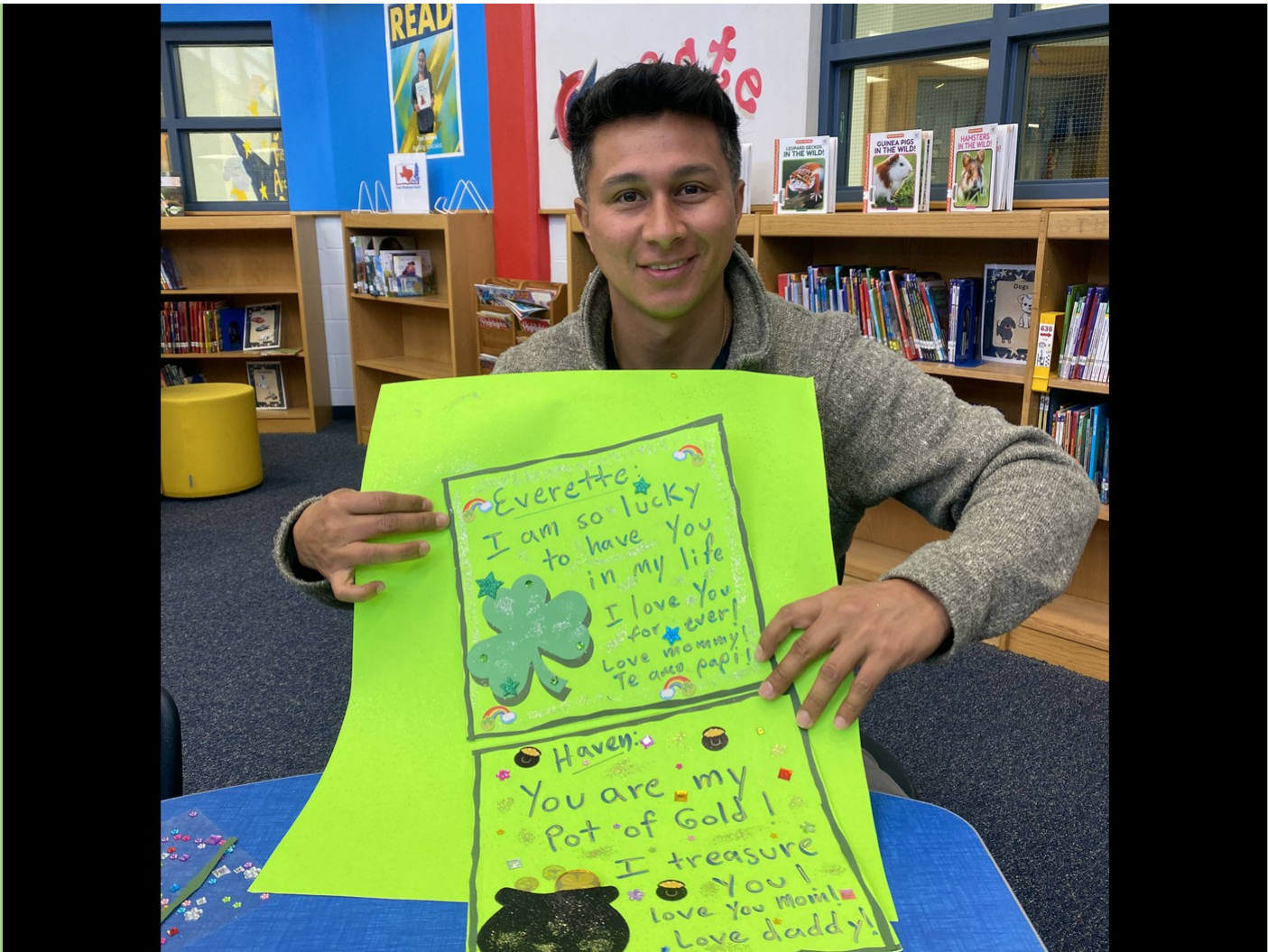
PAST CUPPA' COUNSELORS: I AM SO "LUCKY" TO HAVE YOU!

At our last Cuppa Counselors' March 7th, parents created four leaf clovers, and beautiful crafts for their children! Our purpose in this was to build that encouragement and intrinsic motivation in our students to not only know they are loved but that they are capable!

Parents thank you for coming and being so willing to participate and create BEAUTIFUL crafts to show your children how special they are!!!

Our next Cuppa' Counselors will be March 20th at our Math Academic Night!

Pop by our table and get a treat and resources!🍪



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Lined writing area for notes or observations.



FAMILY RESOURCES



San Antonio Food Bank
The San Antonio food bank actively fights hunger and feeds hope in San Antonio and Southwest Texas. Learn more about their work [here](#).



Children's Bereavement Center of South Texas
The Children's Bereavement Center of South Texas was established to help children and families grieving the death of a loved one. Find more information on this [link](#).



NISD Military Family Resources
Welcome Military Families to NISD. Visit our district [webpage](#) for information.



Threads Clothing Closet

The Northside Threads Closet is another resource that supports Northside families by providing free clothing to students enrolled in the district. If you would like to visit the Threads Closet, please contact us for a referral. Once a referral is made, an appointment will be scheduled.

NISD Market

NISD Market is a food pantry that provides free food to families that qualify. They are partnered with the San Antonio Food Bank and work in conjunction with the NISD Family Engagement Center. Please click [here](#) for more information.

Suicide Prevention Lifeline

This lifeline provides 24/7 free and confidential for people in distress, resources and best practices. Please click [here](#) to visit their website.



findhelp

Please click on the picture to find resources within your zipcode



POINT OF CONTACT

You can find Mrs. Felix and Ms. Sandoval through Class Dojo or email!

Mrs. Felix: christine.felix@nisd.net

Ms. Sandoval: hannah.sandoval@nisd.net



ClassDojo



Hannah Sandoval

Hannah is using Smore to create beautiful newsletters

