



February Newsletter

Hello Michael parents and families!

We have kicked off our new year here at Michael with growth mindsets, ways to stop name-calling and heading into February celebrating "RANDOM ACTS OF KINDNESS!"

For the month of February we focus not only on kindness, but on how the impact of friendship directly correlates with acknowledging others, respecting differences, and noticing those who are in need of a friend!

We hope you have had a great start to your year, and look forward to a new month!

New Update: Mrs. Felix is on Maternity leave but will soon return to Michael! Therefore we welcome Ms. Kelly to our campus! She is our counselor substitute and has taken on the role of Mrs. Felix' classrooms and grades to teach guidance lessons and support students as needed. Please feel free to reach out to Ms. Sandoval or Ms. Kelly for any questions or needs you have!

Grade level counselor:

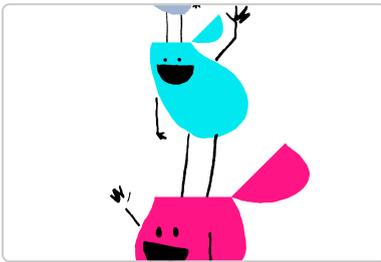
Mrs. Felix (Ms. Kelly): Pre-K, K, 3rd and 4th: 210-397-3926

Ms. Sandoval: ALE, 1st, 2nd and 5th: 210-397-3925



Choose
KiNDNeSS

Kindness at home, just click the link below!



Kids and Families

Kindness Activities for Kids & Families Discover the power of spreading kindness together. Use our research-based tools to explore the impact of kindness in your family. Let's get started 1 Kin...

[kindness.org](https://www.kindness.org)

RANDOM ACTS OF KINDNESS WEEK: FEB 17-20TH

RANDOM ACTS OF KINDNESS WEEK

FEB. 17TH-20TH 

1

TUESDAY FEBRUARY 17TH

HAVE A HEART FOR A KIND START!

Kick off Kindness week by wearing red or pink!



2

WEDNESDAY FEBRUARY 18TH

DREAMING OF KINDNESS!

Wear your favorite pajamas to school!



3

THURSDAY FEBRUARY 19TH

KINDNESS FROM HEAD TO TOE!

Wear your favorite hat!



4

FRIDAY FEBRUARY 20TH

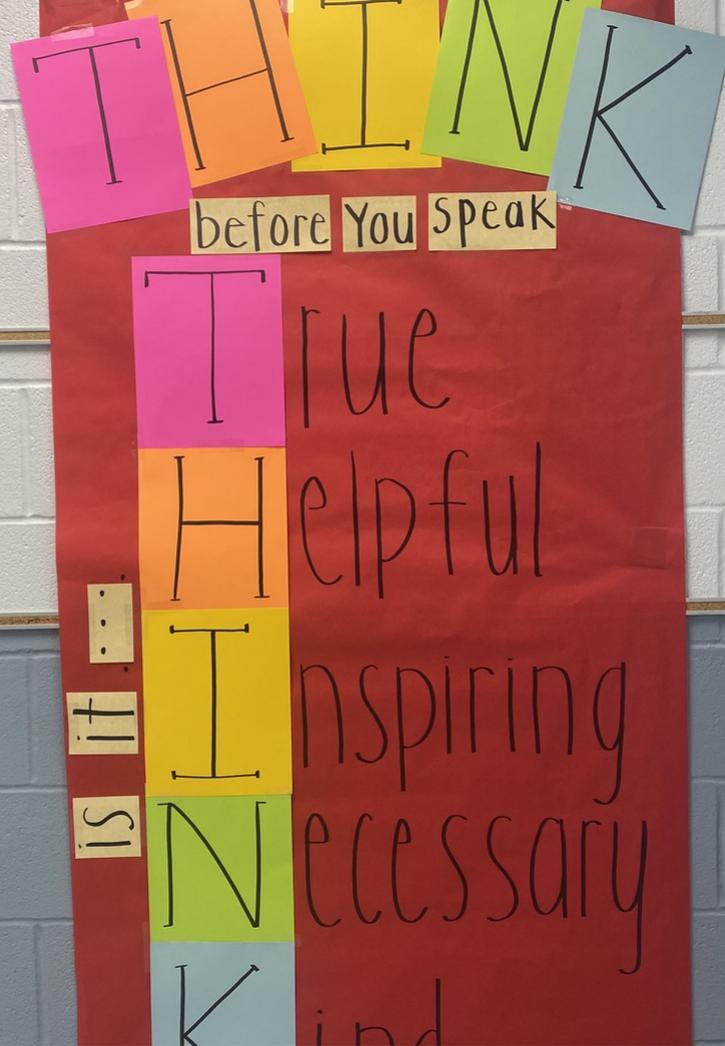
POSITIVITY, LOVE AND KINDNESS!

Wear a shirt with a positive message!



No Name Calling Week: January 20th-23rd

We celebrated No Name Calling Week in January and really encouraged students to "THINK" before they speak. No name calling has so much more to do than just refraining from names and put-downs. It focuses on speech that is edifying, positive and true. We encourage all of our students to always think about what they say and promote kindness always!



National School Counselor Week:

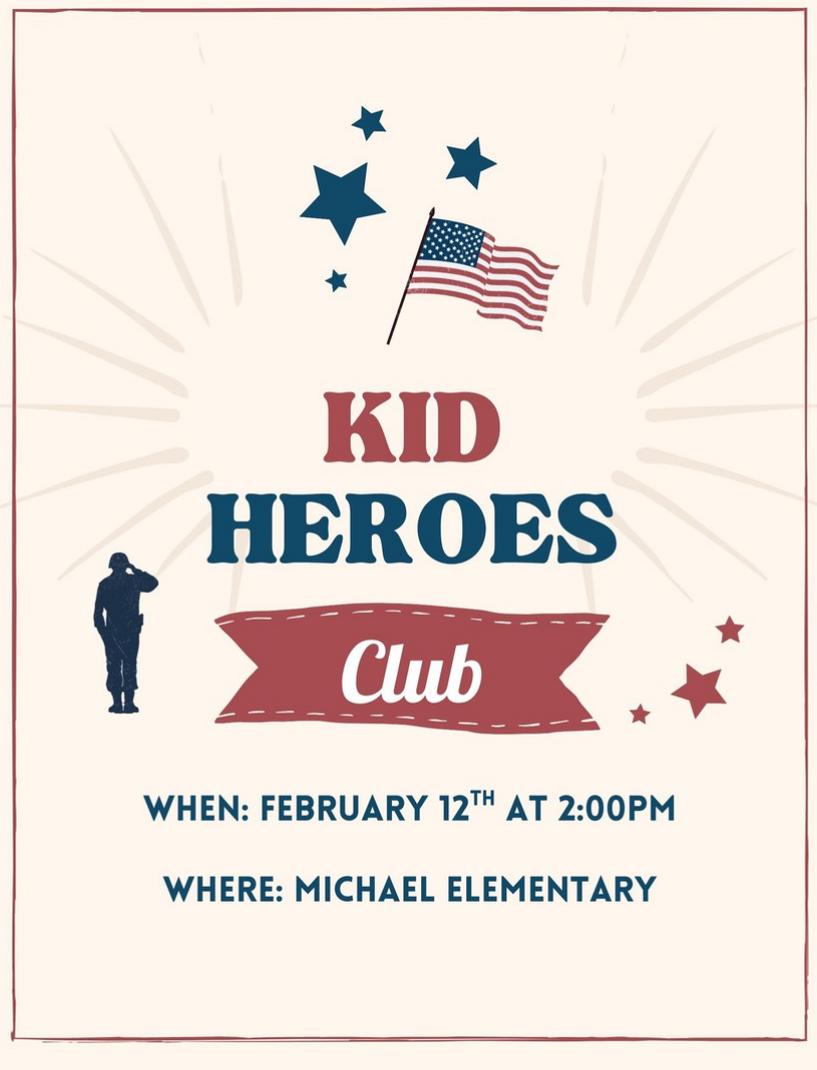
2026 January Data:

National School Counselor Week is a great opportunity to share out our data as school counselors. Here at Michael, we calculate the number of minutes spent in each content area: Guidance Curriculum, Responsive Services, Individual Planning, and System Support for the purpose of adhering to a successful Comprehensive Model.

January: (Ms. Sandoval and Ms. Kelley data combined)

1. **Guidance Curriculum:** (# of guidance lessons taught) 70 lessons
2. **Responsive Services:** 55 students seen; 1,120 minutes of counselor support
3. **Individual Planning:** 3 new 5th Grade students assisted with 6th grade course selection
4. **System Support:** 640 minutes of teacher, staff and parent consultations; 155 minutes devoted to community resources, support and coordination for families.

Next Kid Heroes Club: February 12th, 2026!



**KID
HEROES**

Club

WHEN: FEBRUARY 12TH AT 2:00PM

WHERE: MICHAEL ELEMENTARY

January/ February Guidance Lessons



Growth Mindset

Students learned the importance of challenging their thinking to be one of "growth" and not "fixed." They discussed the importance of setting a goal that was attainable for themselves, and ended the lesson with challenging themselves to make a paper airplane that made their goal "soar!"



The Good Egg

Students listened to the story of the "Good Egg" and discussed the importance of managing stress through healthy coping skills.



Small Acts of Kindness

These acts go a long way! Students heard a sweet story of a little girl who befriends a giant creature who was lonely. They learned it's not about what you say, but the actions they can take to show someone an act of kindness.

Join us for our next Cuppa Counselor!!!

February 13th, 2026 @ 7:30am in the Michael Library

please join us for our next Cuppa Counselor:

HEART GRAMS

for your child!

FEBRUARY **13TH** 7:30AM

MICHAEL LIBRARY

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.



NISD 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-Family Engagement Center

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.

Find Help (online resources in your area)

Find Help

If you or someone you know are in need of any resources, ranging from health support, food, clothing, counseling or financial support, you can visit findhelp.org or click the picture below. You will put in your zip code and the site will automatically give you resources in your surrounding areas and specific addresses/ phone numbers.



findhelp



Hannah Sandoval

Hannah is using Smore to create beautiful newsletters