



# Counselor Corner

**JANUARY 2024**



## *IT'S COOL TO BE KIND*

*Although the month of January brings cool temperatures to our region, the warmth felt within our schools when someone greets you with a smile, says hello, or please and thank you can make a big difference in brightening our days! Within our elementary schools in particular, the hallways and bulletin boards are constant reminders about the power of kindness and how kind words and deeds can really make a difference. The benefits to students and staff from school-wide Positive Behavioral Interventions & Supports (PBIS) offer proven strategies to enhance our school climate (<https://www.pbis.org>).*

*How many strategies do you use on a daily basis that recognize positive behavior, showing kindness to a student/family/peer? Can you do more?*

*Creating safe schools where all are supported in their academic, social, and emotional growth is a primary goal of Riverside and the Counseling Department in particular. We continue to look for opportunities to share knowledge and understanding about the challenges our students and families face so that we can work together in creating school climates where mental health is talked about and supported.*

*The newly formed Aavidum Club at the Jr/Sr High School (that means "I've got your back") began with youth wanting to break the silence often experienced by those living with mental health concerns (<https://aavidum.org>) and is a perfect example of how we can change the conversation related to mental health!*

*Do you have an idea that you think can help spread "kindness" throughout Riverside? Please share it with us....*

