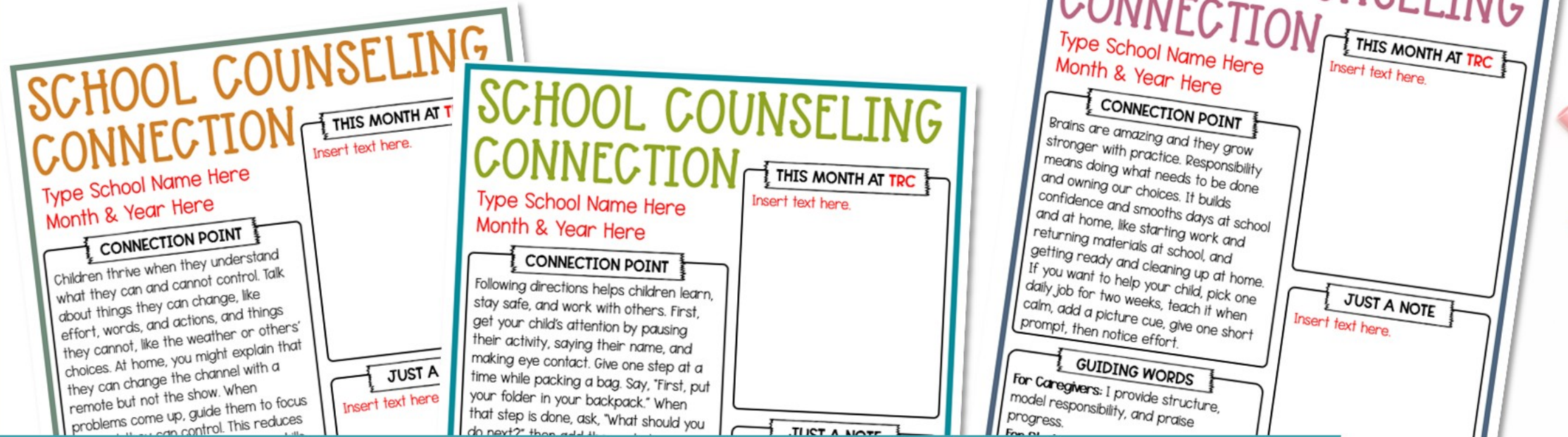


# school counseling NEWSLETTERS



12 editable monthly newsletters  
for school counseling programs

(school here)  
(555) 555-5555 ext. 525  
@gmail.com

Counselor First & Last Name  
(school here) - School Counseling

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# monthly connection, made easy!

- connect with families **each month** while reinforcing your school counseling **goals**
- each issue includes: **student wellness tips, caregiver and student affirmations, and space for your updates**

**SCHOOL COUNSELING CONNECTION**

THIS MONTH AT TRC  
Insert text here.

Type School Name Here  
Month & Year Here

**CONNECTION POINT**

Sleep is essential for supporting healthy growth and helping children focus and manage emotions. When bedtime feels challenging, a steady routine can make all the difference. Try brushing teeth, reading a story, then turning on a nightlight or sound machine. You might say, "Your body and brain need rest to get stronger." If they resist, stay calm and follow the same steps each night. Predictable routines build healthy sleep habits that set children up for success.

**GUIDING WORDS**

**For Caregivers:** I can build bedtime habits that nurture my child's well-being and growth.  
**For Students:** I give my brain and body time to rest in order to be my best self.

JUST A NOTE  
Insert text here.

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(school here) - School Counselor  
(555)-555-5555 ext. 525  
insertemailhere@email.com

**SCHOOL COUNSELING CONNECTION**

THIS MONTH AT TRC  
Insert text here.

Type School Name Here  
Month & Year Here

**CONNECTION POINT**

Empathy means taking a walk in someone else's shoes and imagining how someone else might feel. Encourage your child to pause and think, "If that happened to me, how would I feel?" This helps them notice clues like facial expressions, tone of voice, and body language. When they understand those feelings, they can respond in caring ways, like offering a kind word, listening, or helping. These moments strengthen connections and build understanding.

**GUIDING WORDS**

**For Caregivers:** I can help my child practice noticing and understanding others' feelings.  
**For Students:** I use empathy to treat others the way I want to be treated.

JUST A NOTE  
Insert text here.

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(555)-555-5555 ext. 525  
insertemailhere@email.com

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# what's inside each newsletter?

★ **Connection Point**  
Helpful ideas and actionable tips that caregivers can try at home to support student success

★ **Guiding Words**  
Affirmations written for both caregivers and students

## SCHOOL COUNSELING CONNECTION

Type School Name Here  
Month & Year Here

**THIS MONTH AT TRC**  
Insert text here.

**CONNECTION POINT**


You noticed your child doing something kind or helpful? Saying it out loud helps them see it, too. You might say, "I saw you hold the door open for your sister," "You were really patient when I was on the phone," or "I noticed you gave your friend a turn without being asked." These everyday moments might feel small, but noticing and naming them helps your child build a habit of kindness and see themselves as someone who cares for others.

**GUIDING WORDS**

For Caregivers: I choose to notice and name the good I see in myself and my child.  
For Students: I feel proud when someone sees the kind things I do.

**JUST A NOTE**  
Insert text here.

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★ **Monthly Update**  
A space to share what's happening in your counseling program

★ **Just a Note**  
A space for a personal note or update

# topics in connection points and guiding words



- ▶ connecting after school
- ▶ friendship skills & problem solving
- ▶ supporting healthy screen time
- ▶ routines, tools, & staying on track
- ▶ listening & following directions
- ▶ building bedtime routines
- ▶ growing kindness
- ▶ helping kids manage stress
- ▶ empathy
- ▶ locus of control
- ▶ responsibilities
- ▶ growth mindset



Print in **color** or **black and white**, or save as a **PDF** or image for **digital sharing**

# SCHOOL COUNSELING CONNECTION

Type School Name Here  
Month & Year Here

**CONNECTION POINT**  
Executive functioning (EF) skills are like tools in your brain's toolbox. They help you stay organized, manage time, and complete tasks like cleaning your room or finishing homework. At home, you can "shine a light" on helpful strategies such as using checklists, setting a timer for short work periods with breaks, and keeping school items in bins or folders. When kids know which tools to use, they feel supported, stay focused, and build confidence in tackling daily tasks.

**GUIDING WORDS**  
For Caregivers: I can build routines that help my child stay focused and organized.  
For Students: I can use tools to stay on track and finish tasks.

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# SCHOOL COUNSELING CONNECTION

Type School Name Here  
Month & Year Here

**THIS MONTH AT TRC**  
Insert text here.

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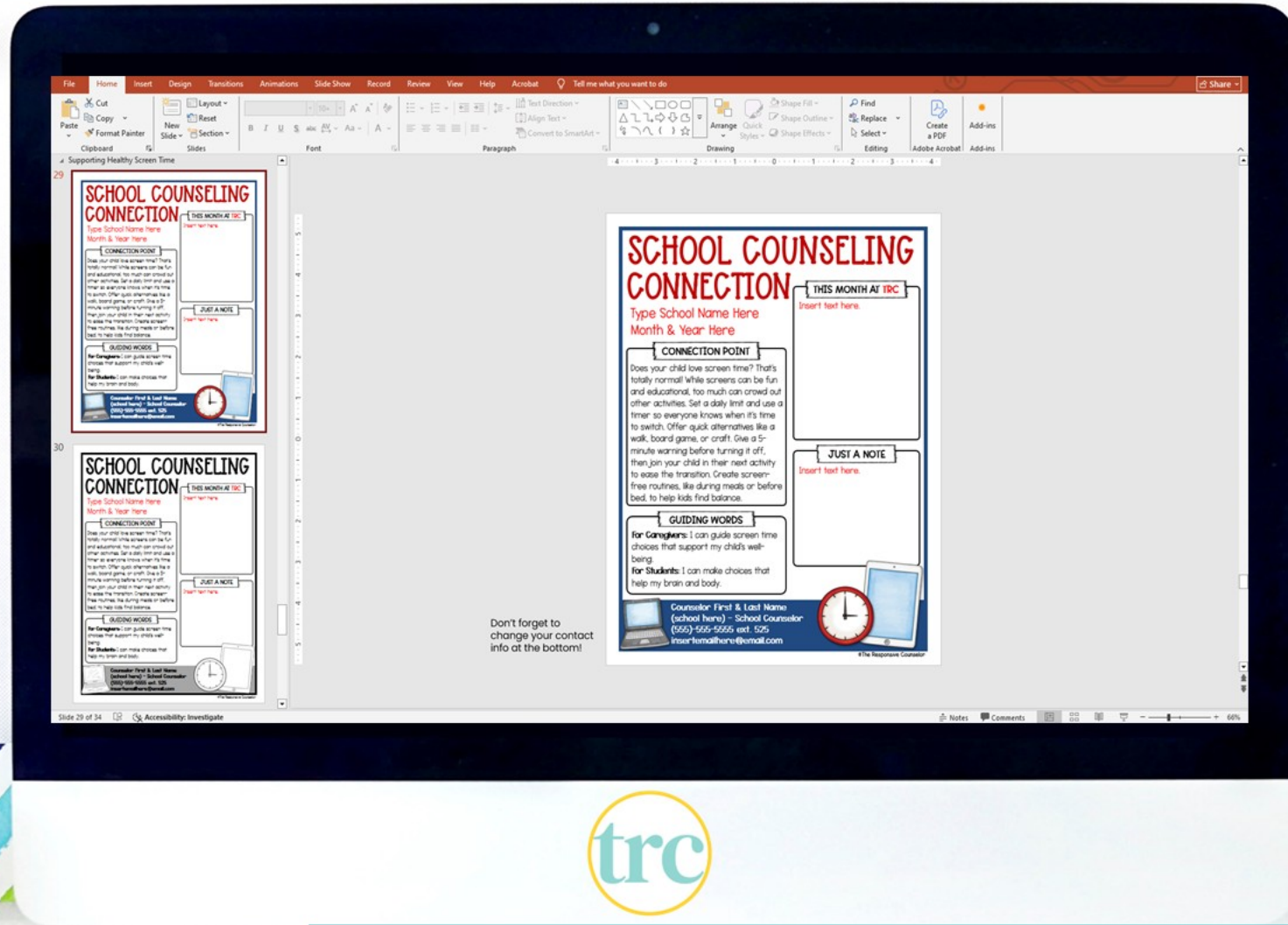
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# Best edited in PowerPoint

(can use in Google Slides™  
but fonts will not stick)



All text boxes are fully editable  
so you can add your school's  
name, dates, and details!

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

**B.A. from Michigan State University**

Psychology and Anthropology

**M.S. from Vanderbilt University**

Community, Research, and Action

**M.Ed. From Vanderbilt University**

Human Development Counseling:  
School Counseling & Mental Health

**experience**

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



let's connect:

