SCHOOL COUNSELOR

E - LEARNING PLAYLIST

Mrs. Brion-Reed & Miss McHugh

October Playlist

Virtual Counseling Office

Hi FH Students!
Happy October!! We hope you are all doing well. Here is this month's counseling playlist!

If you need us, email us: mchughk@cajonvalley.net or

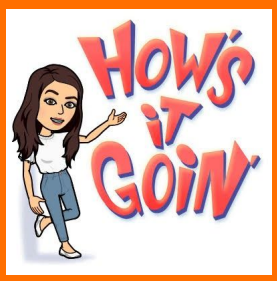
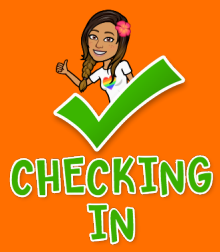
brionreedm@cajonvalley.net

Families, visit our website for more resources and ideas:
https://mchughk.wixsite.com/website

Or cajonvalley.net/flyinghills

Upcoming Events

October 26-30: Red Ribbon Week

MONDAY'S	*Check-In*	**How are you doing?! Check-in with Mrs. Brion Reed and Miss McHugh by filling out our check-in form.**
	 	

TUESDAY'S

Making Healthy Choices

This month, we have Red Ribbon week. Red Ribbon week is making healthy choices for our body and mind. We are going to practice healthy choices with some activities below!

Wiggle It

Get Yo Body Movin

Victorious

Poppin' Bubbles

Pop See Ko

Healthy Habits Activity

Stay healthy and strong by eating healthy foods, practicing good hygiene and exercising your body and mind.

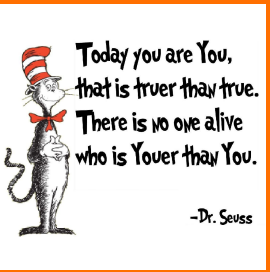
Eat Healthy Foods	Stay Clean

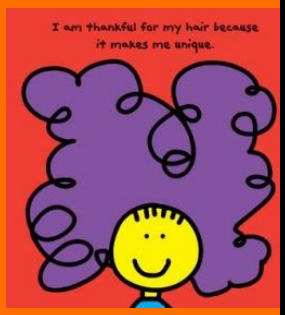
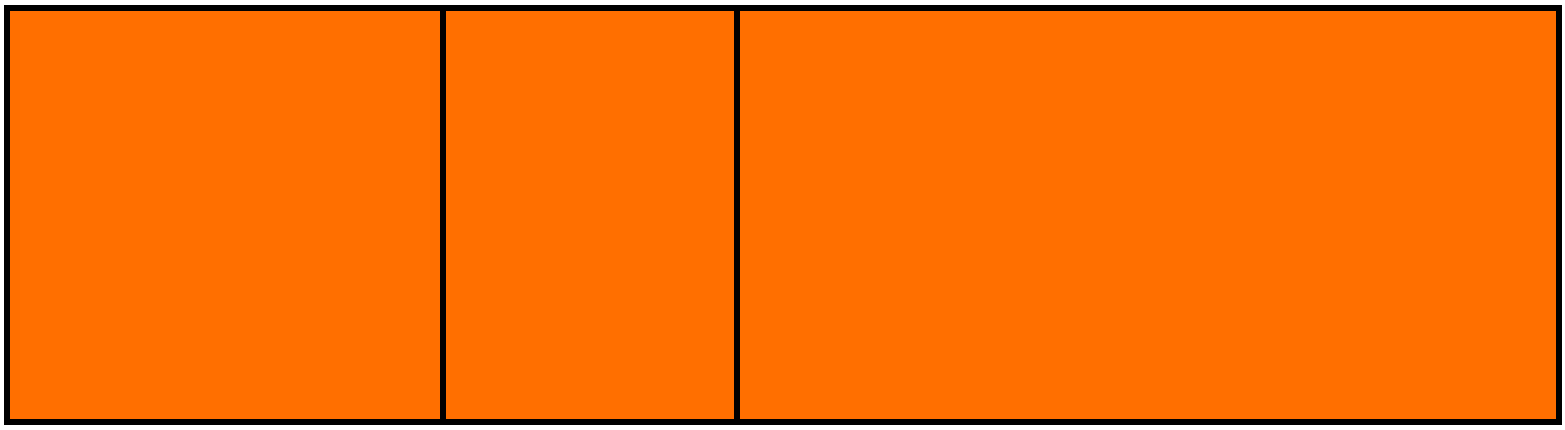
Exercise Your Body	Exercise Your Mind

mrsmerry.com

HEALTHY HABITS
For Healthy Kids
STAY FIT
• Get about eight hours of sleep each night.
• Do some form of exercise every day: run, walk, stretch, play.
STAY HEALTHY
• Practice good hygiene by keeping yourself clean and germ free.
STAY ENERGIZED
• Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.
STAY HAPPY
Make good choices every day for a happy, healthy YOU!
STAY SAFE
• Wear proper gear when playing sports, bicycling, or riding in a car.
• Obey safety rules.

8 Habits of Healthy Kids®
Healthy kids:
Spend at least 1 hour a day being physically active
Spend less than 2 hours a day watching TV and playing video and computer games
Eat at least a total of 5 fruits and vegetables everyday
Snack on healthy foods and less junk food and sweets
Drink or eat at least 3 low fat dairy foods a day
Drink at least 2 glasses or bottles of water a day instead of soda
Eat less fast food and make healthier fast food choices
Eat smaller amounts - bigger is not better

WEDNESDAY'S	***Be You!*** 	"Today you are you, that is truer than true. There is no one alive who is youer than you."-Dr. Seuss There is no other you in this world! Let's embrace who we are! TK-K: Be Yourself TK-K: Be Yourself Book TK-K: Be Yourself Sesame Street K-3rd: Its Okay to be a Unicorn 1st-3rd: Self-Esteem 4th-8th: Ted Talk

THURSDAY'S	***Thankful Thursday***  	Let's remember to always be thankful especially during hard times. Below are some activities to help you be thankful. TK-8th: Kid President's 25 Reasons To Be Thankful! TK-1st:Gratitude I'M Thankful Each Day! Stories for kids TK-3RD: Thankful Activity Sheet TK-3rd: Little Critter's Being Thankful 4th-8th: Say Thank You 5th-8th: An Experiment in Gratitude
FRIDAY'S	***Fun Friday*** 	Let's celebrate every Friday, that we have made it through the week!! Here are some activities below! Can't Stop The Feeling Dino Stomp Zumba KIds Monster Moves Ghostbuster Happy The Gummy Bear Macarena