

Sept.
2023

HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER



INSIDE THIS ISSUE

- **GWA Counseling Team** p. 1
- **Sept. Parent Night** p. 2
- **Mental Health Screenings** P. 2
- **Character Ed.** p. 3
- **Leader in Me** p. 3



GWA's Counseling Team

At George Washington Academy we strive to help students who are in need of extra emotional, social, or behavioral support. If your child is struggling in any of these areas and it is affecting them at school, please feel free to reach out to anyone from the counseling team for more information on services we offer.

Anjanae Merida - School Counselor
amerida@gwacademy.org

Brynn Bell - School Social Worker
bbell@gwacademy.org

Kristine Staples - School Social Worker
kstaples@gwacademy.org

Emily Winona - School Counselor Intern
ewinona@gwacademy.org

Meredith Harward - Wellness Center Specialist
mharward@gwacademy.org



FREE Mental Health Screenings for 4th-7th graders

All 4th-7th graders at GWA are eligible to receive a mental health screening by a licensed school counselor/social worker with parent/guardian permission.

For more information, click on this [link](#) to fill out an inquiry and we will contact you.



GWA Parent Seminar - Thursday, Sept 14th @ 7:00pm in the GWA Library

Every month we will be offering parenting seminars by professionals from our community, covering topics related to community resources for families, parenting classes, behavior strategies, internet safety, mental health supports, etc.

****There will be babysitting, refreshments, a chance to win gift cards to family fun businesses, and a free dress day coupon for your student if you attend in person.***

CHARACTER STRONG - VALUE OF THE MONTH: **RESPECT**

This month's focus is Respect. One way to think about Respect is "seeing value in all people and things & treating them with care." Many people feel Respected in different ways. We hope this month inspires discussions with your family about what Respect means to you and how you can practice it together! Click [here](#) for some fun ways to teach Respect at home.



Leader in Me - Habit #1: **Be Proactive**

You are in charge of yourself!

I am a responsible person.

I take initiative.

I choose my actions and attitudes.

I do not blame others for my wrong actions.

I do the right thing without being asked, even when no one is looking.