

# Counselor Connection



## STUDY TIP OF THE MONTH

REMEMBER TO ASK  
QUESTIONS DURING CLASS TO  
GET CLARITY ON TOPICS THAT  
ARE CONFUSING.

## VALUES MATTER KINDNESS

Kindness is being caring,  
helpful and considerate.

February 14, 2023, marks the five-year anniversary of the horrific tragedy at

Marjory Stoneman Douglas High School. Miami-Dade County Public Schools is joining our neighbors in Broward in honoring the lives of those 17 students and staff members who were lost by promoting this day as Love and Kindness Day.

## Highlights



Students Nominated  
Agustin Arreola  
Chizelie Luxama

## College Tour

FAU, UCF, UNE, Flagler College, FSU, FAMU, UF, USF-Tampa, USF-St. Petersburg  
FGCU



# UPCOMING EVENTS

February 6, 13, 27 Money Matters! FAFSA assistance. CAP office 1116.  
Afterschool. No appointment needed.

2/6- Spring Night School begins

2/14 SEL Strong during lunches- Topic: Healthy Relationships

2/14 Kindness Day

2/17 No One Eats Alone

2/20 President's Day/ No School

2/21- FSA ELA Retakes begin (juniors and seniors): Be on the look out for an email from Mrs. Rowe, with room assignment.

2/22 MDC Residency Completion Event- Sign up on SCOIR

Looking ahead: **3/1 Schoolwide SAT**- All juniors and interested seniors

## February is.....

Career and Technical Education Month  
Gap Year Awareness Month  
International Boost Self-Esteem Month  
National Children's Dental Health  
Month  
Teen Dating Violence Awareness and  
Prevention Month

## February is.....

\*6-10 National School Counseling  
Week  
12-18 Random Acts of Kindness  
Week  
22 World Thinking Day

## February is.....Black History Month

During this annual month of celebration, we recognize the achievements and contributions of African Americans and their central role in U.S. history. The Florida Department of Education and Volunteer Florida officially launched the 2023 Black History Month student art and essay contests with the theme of "Celebrating the Achievements of African American Floridians." Here at South Dade, there will be many schoolwide activities throughout this month to celebrate.

## 2023 theme for Teen Dating Violence Awareness Month is “Be About It”

### Healthy Relationships



- Mutual Respect
- Trust
- Honesty
- Compromise
- Individuality
- Good Communication
- Anger Control
- Problem Solving
- Understanding
- Self Confidence

### Unhealthy Relationships



- Control
- Hostility
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Physical Violence

**Learn and help raise awareness of healthy relationships and teen dating abuse.**

- **Share** the LoveIsRespect 2023 Teen Dating Violence Awareness Month Action Guide -Click **Here**
- Click **here** to **read** the White House Proclamation. In his statement, President Joseph R. Biden Jr. says, “During National Teen Dating Violence Awareness and Prevention Month, we bring this scourge out of the shadows, recommit to promoting healthy relationships, and join together with a clear message to survivors: You are not alone. Support is close by, and justice is within reach.”
- **Join** Ms. Jones for SEL Strong 2/14/23 Healthy Relationships

### National Domestic Violence Hotline

- Call 1.800.799.SAFE (7233)
- Text "START" to 88788







# FEBRUARY WELLNESS CALENDAR



## MONDAY



## TUESDAY



## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



# *RESOURCE LIST*

## **Emergency Food Finders**

<https://feedingsouthflorida.org/locate-an-agency/>

<https://www.nokidhungry.org/find-free-meals>

<https://foodpantries.org/>

<https://www.farmshare.org/food-distributions-florida>

## **Support Services**

Miami Bridge Youth & Family Services, Inc.(305)635-8953

## **Grief**

Children's Bereavement Center (888)988-5438

<https://childbereavement.org/support-groups/grief-support.html>

(Free weekly virtual support groups age 4- adult)

## **Mental Health Crisis Resources**

### **Local Resources**

Citrus Health Network (305)825-0300

Jackson Behavioral Health Hospital (305)585-4564

Larkin Community Hospital (305)284-7723

Nicklaus Children's Hospital (305)666-6511

Banyan Health System- Mobile Response Team (MRT)  
(305)774-3616

### **National Resource**

National Suicide and Crisis Lifeline - 988