

## February Notes from the Counselor

For the past several years, VES staff and students have celebrated Random Acts of Kindness during the week leading up to Valentine's Day. It is a week celebrating kindness and caring with an emphasis on friendship. I am so thankful that we are able to celebrate in person this year. RAK week will begin Monday, February 8 to Friday, February 12. Mr. Malear and I will have fun with the announcements with "Thought for the Day", "Joke of the Day", "Fun fact of the Day", and "Word of the Day". A RAK Keynote presentation will kick off the week on Monday so that each homeroom hears the same information. Parents may have heard of the Sandy Hook Promise Organization. It is a national, non-profit organization founded and led by several family members whose loved ones were killed at Sandy Hook Elementary School on December 14, 2012. That organization began the initiatives of, "No one eats alone", and "It starts with Hello". Since those initiatives were geared toward older students, VES created, "No One Plays Alone". Each homeroom displays a poster and teachers remind students of ways to include others. Students without a playmate are encouraged to hang out at the Buddy Bench so others realize they want to be included. We might need to stay somewhat distant, but we can still encourage students to be friendly.

Other activities planned for the week are Compliment Day-everyone loves a compliment and Cards for Kids. VES students will design Get Well cards for hospitalized students in other states. The cards are sent to the CFK distribution office in Chicago and delivered to young patients. We are a bit late this year due to Covid-19; however, we are still going to hold our Keep Kids Warm hat and mitten drive on Wednesday, February 10. Students are encouraged to bring new hats, scarves, and mittens to school. All donations benefit Vermilion children through the Salvation Army. Valentine's Day parties on Friday wrap up this exciting week.

Virtual Parent/Teacher conferences will be held during the first week of March. If there are ever any questions or concerns a counselor might be able to help with, please contact me via email or phone 440-204-1703, ext 641. It's a short but busy month. Happy Valentine's Day to all!

