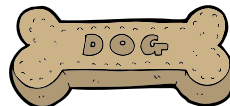




BULLDOG BISCUITS



MUE COUNSELING NEWS

Hello **BULLDOG** Family!

December 2023

We hope this finds you all doing well and looking forward to this holiday season embracing all the things you love to do. The students are busy learning and enjoying all of the fun activities that come with the season. Some of the fun things we have going on this month are holiday parties, spirit week, the kindergarten music program, and holiday help for our Bulldog families. As a reminder our holiday break is December 18th thru January 1st, students will return to school January 2nd.

We wish our Bulldog family a warm, and joyful holiday season!
Please feel free to reach out to to any of us, anytime, we are here for you!

Monthly Tip:

In the hustle and bustle of the winter season, don't forget to take time for yourself! Mental health encompasses one's emotional, psychological and social well-being. It is essential to overall health and quality of life and affects how one thinks, feels, acts and responds. When it comes to mental health, self-care can help people manage stress, lower their risk of illness and increase energy levels.

Consider using these tips to ensure you have a happy and healthy holiday season!
You deserve it!

Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

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BULLDOG BISCUITS

Mrs. Berner, Mrs. Millikin, Mr. Cooper

FROM MRS. BERNER

The school counseling office has been busy this school year! Students are utilizing our assistance for personal, social and emotional situations while here at school. Just as we as adults have situations throughout our day that bring us frustration, joy, confusion and/or sadness, our youth often experience the same feelings as their school day unfolds. The main difference being that our young people do not have the same internal regulation tools developed that we have as adults. Children often times are unable to access those internal regulation tools as readily as adults and therefore can find struggle in situations that may seem logical and typical to a grown up. In our guidance office we take pride in being able to offer many tools and experiences for our students to utilize as they continue to develop relationships with their peers and learn how to be successful in the school environment.

FROM MRS. MILLIKIN

Milton-Union Elementary

FAMILY EDUCATIONAL TALKS



Join us for an informal talk each month to discuss your child's development. Topics will include:

- ✓ Resources
- ✓ Challenging Behaviors
- ✓ Literacy Skills
- ✓ Combatting Stress
- ✓ Self Regulation
- ✓ Learning

We will meet on the following days/times in the Elementary Media Center (Library). You can come to either the morning or evening session:

- October 10, 2023 9:00am or 6:00pm
- November 14, 2023, 9:00am or 6:00pm
- December- No meeting
- January 9, 2024, 9:00am or 6:00pm
- February 13, 2024, 9:00am or 6:00pm
- March 12, 2024, 9:00am or 6:00pm
- April 9, 2024, 9:00am or 6:00pm (Final talk of the year)

If you have any questions or need additional information, please contact Julia Millikin our Behavioral Health and Wellness Coordinator (millikinj@muschools.com) or Mary Bower our Literacy Coach (bowerm@muschools.com).



Childcare not provided

FROM MR. COOPER

Good Day Bulldog Parents,

Just a reminder cool and cold weather is upon us so please make sure that your children are dressed for the weather. Also, if there is a need for hats, gloves, coats, and even shoes please let me know and we will help in anyway we can. Holiday break is coming, so please be sure to have fun with your children and enjoy your holidays together. Also if you feel your child needs to be one of the groups offered let myself or the teacher know and we will get them added to one (self-esteem, friendship, behavioral, goal setting).