

Counselor's Corner



CANYON VISTA ELEMENTARY SCHOOL | SEPTEMBER 2025

IN THE CLASSROOM

SEPTEMBER CLASS LESSONS: SKILLS FOR LEARNING

- TK/K: Learning to Listen and Focusing Attention
- 1st: Following Directions
- 2nd: Being Assertive
- 3rd: Using Self-Talk
- 4th: Overview of Executive Functioning
- 5th: Overview of Executive Functioning



SCHOOL COUNSELOR ACTIVITIES: INTERNATIONAL DOT DAY

"International Dot Day" was started by educators to honor the book *The Dot* by Peter Reynolds. This short, simple story celebrates creativity, growth mindset, and self-expression. Our classrooms read and discussed *The Dot* and completed simple art projects with only two directions: start with a dot and sign your name! We encouraged our students to "make their mark!"



HIGHLIGHT OF THE MONTH

WHAT ARE SKILLS FOR LEARNING?

Second Step is CUSD's social-emotional learning curriculum. It builds school success, connection, and a safe, respectful climate by teaching empathy, emotion management, problem solving, and key learning skills in four core areas, specifically:

1. **Listening** - Children learn how to give their full attention, follow directions, and show others they are engaged. Active listening helps them pick up on important details and strengthens peer relationships.
2. **Focusing Attention** - With so many distractions around, it's important for students to practice concentrating on what's most important. This skill supports reading, problem-solving, and even managing emotions.
3. **Using Self-Talk** - Positive self-talk helps students remind themselves of directions, stay calm, and encourage perseverance. Phrases like "I can do this" or "Slow down and check my work" build resilience.
4. **Being Assertive** - Students learn to ask for help, share ideas respectfully, and stand up for themselves in safe and respectful ways. Assertiveness helps children express themselves with confidence while respecting others.

Research shows that when children practice these abilities regularly, they are better able to manage their behavior, work cooperatively, and stay engaged in class.



RESOURCES

TIPS FOR PARENTS/GUARDIANS: ATTENDANCE MATTERS

- CUSD Attendance Math - 2 Monthly Absences
- CUSD Attendance Math - 4 Monthly Absences
- Build the Habit of Good Attendance Early
- Guide for Being on Time to School
- Supporting Attendance - Parent Tip Sheet



CANYON VISTA SCHOOL COUNSELOR Katie Pearson, M.A., P.P.S



- ✉ kapearson@capousd.org
- 🌐 [Counselor's Corner Website](#)
- 📅 Schedule: W, e/o Th, F 7:30-3:00
- 📞 (949) 234-5941