



Legend Springs

Counselor Newsletter

A note from Mrs. Wells



September 2022



HELLO!

This has been such a fun month to be in the classrooms discussing emotional awareness (naming and identifying feelings) and the coping skills we use to handle those emotions in a healthy way!

**In K-2nd we scribbled our feelings!*

**In 3rd-4th we began to discover what emotions we have and how to handle our feelings in a healthy way.*

**In 5th-6th we had great discussions on how to cope with our own emotions as well as connect emotional awareness to others around us.*

It is a joy to be working with your kids and walking this journey together toward becoming emotionally & socially healthy individuals.

~Christy Wells

CONTACT ME

- ✓ Email: christy.wells@dvusd.org
- ✓ Phone: (602) 376-4500
- ✓ Reach out using my **Parent Link** if you have specific concerns regarding your child and need to talk further.

SUPPORT

This is the first time Legend Springs has ever had the opportunity to have a school counselor. Starting up a new program takes time and resources. If you would like to support this new counseling department check out the Donor's Choose Link for more info!

SUPPORT HERE

