

# COUNSELOR'S CORNER

## JANUARY 2026

Dear Families,

As we step into the new year, we are shifting our focus to **Habit 5: Seek First To Understand Then To Be Understood**. Habit 5 is about truly listening to others and honoring their perspectives. It's also about having the courage to respectfully say what we think and feel. Habit 5 aligns with the principles of Empathy and Respect. Our students are learning to identify emotions in others and the value of whole body listening. Our older students are working with real life situations in which they practice empathy and respect.

In other news we do have two Career Day events coming up in March and are looking for volunteers to present to our students. If you or anyone you know are willing to volunteer please fill out the form below!

### MS. JOHNSON & MS. COURTNEY



### CONTACT US!

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702-799-0500  
ext. 4301

### LINKS

[Parent Referral Form](#)

[Schoolwide Attendance Plan](#)

[Career Day Interest Form](#)

### JANUARY EVENTS

 **Penny Wars: 1/12-1/16**

 **SOT Meeting: 1/22 @ 3:30pm**

 **Spring Picture Day: 1/28**

### WAYS TO ENCOURAGE HABIT 5 AT HOME

- **Practice Whole Body Listening:** Practice with your student listening with your eyes, ears, mouth, heart, and body.
- **Use "I" Messages:** Students can better be understood when they communicate using I messages. "I feel.., when..., because..., Next time..." Practice this with them at home!