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Welcome back Haines's family. I hope you had a safe and restful summer. I look forward to having a successful and fun school year.

Mindfulness

Let's try to practice mindfulness for this school year.

Mindfulness is a great way to create a sense of calm and peace, no matter what is going in our lives. Mindfulness involves focusing on the present moment and letting your worries or fears drift away. Use the below links to bring some calm to your life.

<https://www.youtube.com/watch?v=cEqZthCaMpo#action=share>

<https://www.youtube.com/watch?v=fZdw6wm3A3E#action=share>

National Educational and Health Awareness Dates

8 Grandparents Day

8 International Literacy Day

16 National School Backpack Awareness Day

17 Constitution Day/Citizenship Day

19 World Clean-Up Day

20-26 Child Passenger Safety Week

21-25 Start With Hello Week

21 International Day of Peace

23 International Day of Sign Languages

30 National Women's Health & Fitness Day

Childhood Cancer Awareness Month

Children's Good Manners Month

Deaf Awareness Month

Hispanic Heritage Month (Sept. 15 – Oct. 15)

Library Card Sign-up Month

National Childhood Obesity Awareness Month

Self-Improvement Month

Suicide Prevention Awareness Month