

THE COUNSELING CONNECTION



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IMPORTANT EVENTS

* No School

Monday, May 25 – Memorial Day

* Spirit Days

Monday, May 4

Space Day! Wear space related attire!

Monday, May 18

Hat Day

Tuesday, May 19

Neon Day

Wednesday, May 20

Athletic Day

Thursday, May 21

Dress a Mess! Mismatch Day!

Friday, May 22

Hawaiian Shirt Day

Tuesday, May 26

Eras Day – Dress your favorite decade!

Wednesday, May 27

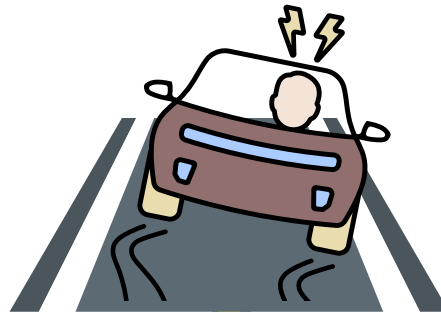
Dress your BEST! You are a year smarter.

Thursday, May 28

Cool off Day! Wear your coolest clothes.

Friday, May 29

Last Day of School! Wear Tie Dye!



Staying in Your Lane

In April, students learned about “Staying In Your Lane” which means to be mindful of yourself and to not push the boundaries of our teachers and peers.

Using the analogy of driving, students discussed what it means to swerve into other people’s lanes and the issues it causes. We came to the understanding that swerving also occurs in the classroom. Some examples include: eavesdropping, looking at someone else’s grade, and jumping into a conflict that doesn’t pertain to us. When we swerve, we are making the problem bigger and causing feelings of annoyance, anger, and etc.

Though we may want to be helpful, it is best to stay in our lane and allow the other students and teachers to solve their own problems. It isn’t being mean or ignoring others, it’s about creating a calmer, more respectful environment where everyone can focus.

To stay in our lane, we can:

- Focus on your own work.
- Let others handle their own problems.
- Be a listener, not a fixer.
- Respect other’s privacy.

There will also be times when someone else will swerve into our lane. We may want to yell at the other person when this happens, but it is best to stay composed and in control of our feelings.

If others swerve into our lane, we can:

- Ignore the other person
- Kindly tell the other person to stop
- Ask for a break when my feelings are getting too big.
- Tell an adult.

To help reinforce this at home, you can encourage your child to practice these same boundaries with the family. When a sibling is being corrected, gently remind them to “stay in their lane” by focusing on their own task. You can also model this by narrating your own choices, such as saying, “I see your brother is frustrated, but I’m going to stay in my lane and give him time figure it out.” By celebrating the moments they choose to stay in their lane, you help them build the self-control needed to foster a calmer, more respectful environment both at home and in the classroom.