



# COUNSELOR'S CORNER

JANUARY 2026

## What We Learned

### FRIENDSHIP & FRIENDSHIP BOUNDARIES

Students learned what it means to be a friend by identifying qualities they value in friendships. We explored the ABCs of healthy friendships (Acceptance, Boundaries, and Compromise) and discussed what boundaries are and why they matter. Students also practiced positive conflict resolution strategies such as talking it out, using I-Messages, and not teaming against others. We also discussed how friends can have more than one best friend and how controlling others' friendships can impact relationships.

### EMOTIONAL REGULATION

Students learned what feelings are and how understanding them helps us manage our thoughts and actions – you've got to name it to tame it! We also learned some calm-down strategies to use when experiencing big feelings like anger, frustration, sadness, or annoyance.

## 6<sup>th</sup> Grade Transition

Longfellow will be coming to help students put in course selections. Students will be able to make changes on SIS StudentVue until **February 27**.

## Upcoming Events

- Feb 2 & 3: Longfellow MS visits 6<sup>th</sup> grade for course selections
- Feb 2-6: National School Counseling Week!
- Beginning and End of February: 6<sup>th</sup> grade AVID interviews and acceptances

## Contact Info

### Veronique Lilienthal (Room 110)

Grades K, 2, 4, and 6  
6 - Levine, Shull, Williams, Thomas

### Shannon Li (Room 207)

Grades 1, 3, 5, and 6  
6 - Gerrity, O'Leary, Mitchell