

WESTERN *Elementary* *Lex*

Mrs. Leslie Miller, LSW
Mrs. Carolee Balliett,
LSW-S

Lexington Elementary Counselors
miller.leslie@lexington.k12.oh.us
balliett.carolee@lexington.k12.oh.us

419-884-2765 ext: 4430-Miller

419-884-2765 ext: 3430-Balliett



As we end the holiday season, it can get difficult to balance school demands, family time and extra activities. As your child's school counselors we are here to help them have a successful school year. Please, let us know if we can help your child in any way.

Try to prevent stress and depression by:

1. Acknowledge your feelings
2. Reach out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say no
8. Don't abandon healthy habits

WELCOME BACK!

✧ *Outside Recess* ✧

Winter weather is upon us, and we will continue to go outside for recess unless the temperature feels like 19 degrees or below. If recess is outside and there is snow on the ground, students may play in the snow if they bring the following items: hat, gloves or mittens, boots, snow pants, and a winter jacket. If students do not have these items they will be limited to the blacktop. We encourage all students to participate in outside recess, so it is important to make sure that students have proper attire for the current forecasted weather.

If it is too cold to go outside for recess, students will have inside recess. Recess may consist of watching a movie. A list of movies that could be viewed during recess are listed in the student handbook. All movies that will be viewed during recess are rated G. If you would prefer that your student opt out of viewing a movie, please, feel free to contact me at eggerton.genelle@lexington.k12.oh.us.

It is our goal to go outside during recess as much as the weather allows, however, sometimes the weather limits our goal. If you have further questions, please, feel free to contact me.

In Service to Children,

Mrs. Eggerton



Upcoming Events

January 8- PTO Meeting @ Western at 7:00 pm

January 10- Recycle Day from 2:00-4:00 pm

January 21- No School

January 29- Early Release