



FEB. 2-6
2026

NATIONAL SCHOOL COUNSELING WEEK

School Counselors
Amplify Student Success

“Together, we amplify student success.”

“Did You Know?” Trivia: We will be sharing a trivia question a day on the news. Please e-mail Ms. Filtness your answers. Teachers who answer correctly are entered to win a book for their classroom library.

Wellness Wednesday: You help amplify student success—take a moment for yourself! Visit the Self-Care Station in the workroom.

Amplify Student Success Bingo: Teachers who complete any bingo (row, column, or diagonal) by Friday can let Mrs. Beard know to be entered into a prize drawing or receive a small thank-you gift.

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Trivia Questions

- Monday: What 3 areas does a School Counselor help with? *A: social/emotional, career and academics*
- Tuesday: School counselors work with students in which settings?
A. Individual sessions. B. Small groups. C. Classroom lessons. D. All of the above
Answer: D
- Wednesday: T or F: School Counselors only help some students. *A: False, ee are ALL in for ALL students.*
- Thursday: Which of these can help your body feel calm, alert and ready to learn?
A. Belly breathing. B. Big squeezes or hugs
C. Movement breaks. D. All of these
Answer: D
- Friday: What is a favorite book you have read with your counselor this year?

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Announcements- Monday

It's National School Counselor week and this year's theme is "School Counselors Amplify Student Success." Did you know part of the school counselor's job is to help you set goals, stay motivated, and find strategies that work for you? Success starts with confidence and determination!

Whether it's schoolwork, friendships, or planning, school counselors are here to support you every step of the way. As Kendrick Lamar says in his song "i" "Keep your head up." You have what it takes to succeed!

We will be celebrating all week with trivia questions.

Today's Question is: What 3 areas does a school counselor help with?

Teachers, email your class's answer to _____to enter a drawing to win _____.

Let's make this a great week!

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Announcements- Tuesday

It's National School Counselor Week. School counselors care about your success because each of you has **unique talents and dreams**, and when you shine, it makes our whole school brighter!  If you ever feel like your light is dimming, **your counselor** can help you shine bright.

Yesterday's trivia question asked the 3 areas a school counselor helps with. The answer is: academic, social-emotional, and career. Congratulations to_____ for answering correctly.

Today's question: School counselors work with students in which settings?

- A. Individual sessions
- B. Small groups
- C. Classroom lessons
- D. All of the above

Don't forget to email your answer for a chance to win!

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Announcements- Wednesday

We are having a fun week at school, learning more about school counselors.

Our school counseling program is for each and every student – not just some. We work to create a positive, inclusive environment where everyone feels valued and supported. Through classroom lessons, group activities and individual meetings, we help you build skills for academics, relationships and life. I think Bob Marley sums it up best, "One love, one heart... let's get together and feel all right."

Yesterday we asked School counselors work with students in which settings?

Individual sessions, Small groups, Classroom lessons or All of the above. The answer was "All of the above."

Congratulations to _____.

Today's question is T or F: School Counselors only help some students. Don't forget to email in your answer.

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Announcements- Thursday

Today's focus for NSCW is how the school staff work together for all students. As Alicia Keys sings, "We are here for all of us." And that's the case for us here at [insert name of school]. Helping students succeed is a team effort.

Teachers, administrators and school counselors all work together to support you. We share ideas, solve problems and celebrate your achievements as a team. Respect and collaboration are at the heart of what we do – because when we work together, you win.

Yesterday we asked T or F: School Counselors only help some students. The answer was FALSE. Congratulations to: _____.

Today's question is: Which of these can help your body feel calm, alert and ready to learn?

- A. Belly breathing.
- B. Big squeezes or hugs
- C. Movement breaks.
- D. All of these

Don't forget to email in your answer for today's question.

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Announcements- Friday

On this last day of our celebration, we want to amplify the support systems you have outside of school. These include your family, friends, and trusted adults in your community.

These are the people who cheer you on, help you through challenges, and celebrate your successes. Talking to them about your goals and asking for help when you need it can make a big difference.

As Taylor Swift sings, *"I had the time of my life fighting dragons with you."* People who care about you are happy to face challenges by your side.

And remember—we're here for you at school too, because we believe you can do amazing things! 

Yesterday we asked Which of these can help your body feel calm, alert and ready to learn?

A. Belly breathing. B. Big squeezes or hugs C. Movement breaks. D. All of these The answer was ALL

OF THESE. Congratulations to _____. Don't forget to email in your answer for today's question,

which is your favorite book you've read with your counselor this year?