



Meet your School Counselors!



Mrs. Felix and Ms. Sandoval

Hello Michael parents and families!

We are so incredibly excited and looking forward to starting a new school year with our students!

If we have not met before, we are the Cuppa' Counselors, on campus, Mrs. Felix and Ms. Sandoval! At the beginning of each month, we will share our Cuppa' Counselors newsletters, to inform you as to what our counseling program looks like here at Michael Elementary!

You will see monthly recaps of Cuppa' Counselors' events, photos, guidance lesson topics, activities, future calendar events, and community resources. This year we will also be including counseling data to give you more insight into our role here on campus!

Please be on the lookout each month for our monthly Cuppa' Counselors newsletters, and remember to pop by our Cuppa Counselor events to find a surprise treat in a cup!

Grade level counselor:

Mrs. Felix: Pre-K, K, 3rd and 4th: 210-397-3926

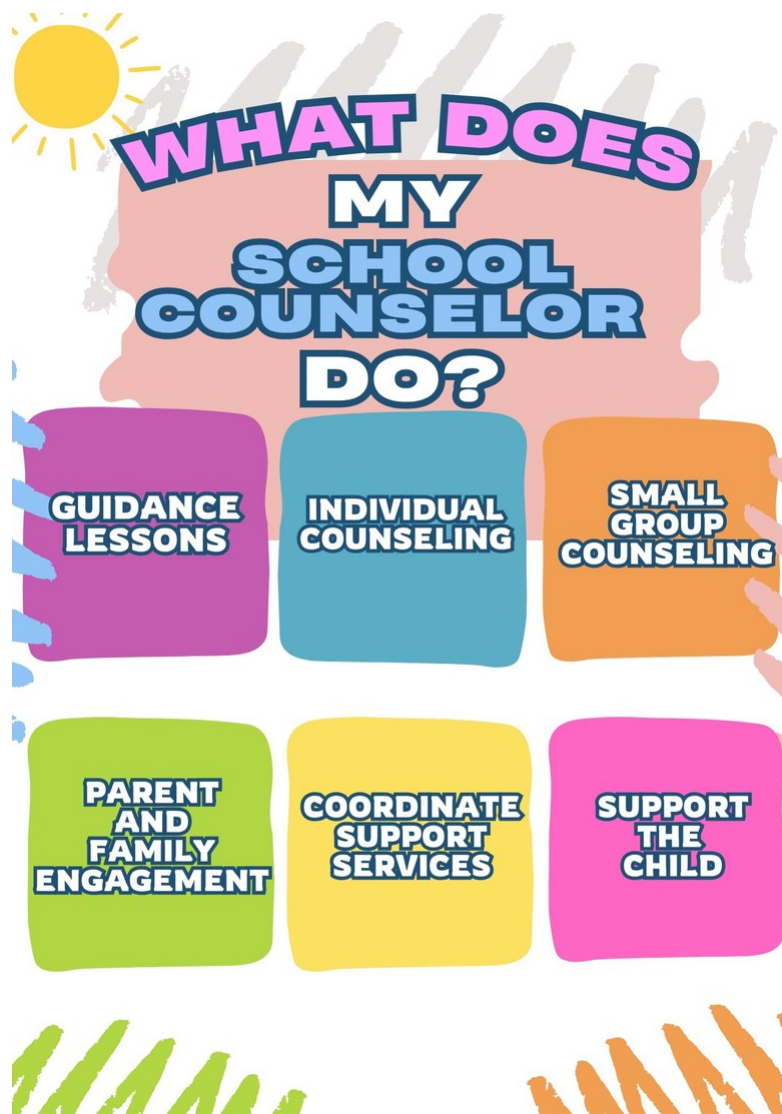
Ms. Sandoval: ALE, 1st, 2nd and 5th: 210-397-3925



Northside Convocation 2025



What does my School Counselor do?



Guidance Lessons:

Guidance lessons are 30 minutes, and grade level classrooms will be visited based on our 6-day rotation schedule. Guidance Topics are different for each grade level. Some topics we cover are conflict resolution, self awareness and emotions, gratitude, friendship, cultural diversity, and more! For the month of August guidance lessons we will focus on: Role of the School Counselor and Lockdown procedures!

Individual Counseling:

Both teachers and parents can refer students for individual or small group counseling if the need is felt necessary. Students will meet with counselor for 30 minutes for approximately 4-6 sessions. Students might see us for individual counseling to work on decision-making, anger management, family changes, friendship skills, or another concern. You can email Mrs. Felix or Ms. Sandoval, or call if you would like to refer a student for individual counseling. Students can self-refer by filling out a counselor slip and putting it in the box outside of our office.

Small Group Counseling:

Small groups will meet for 30 minutes for approximately 4-6 sessions. Students might see us for small group counseling to address personal growth, friendships and social skills, transition, goals or academic success.

August Guidance Lessons

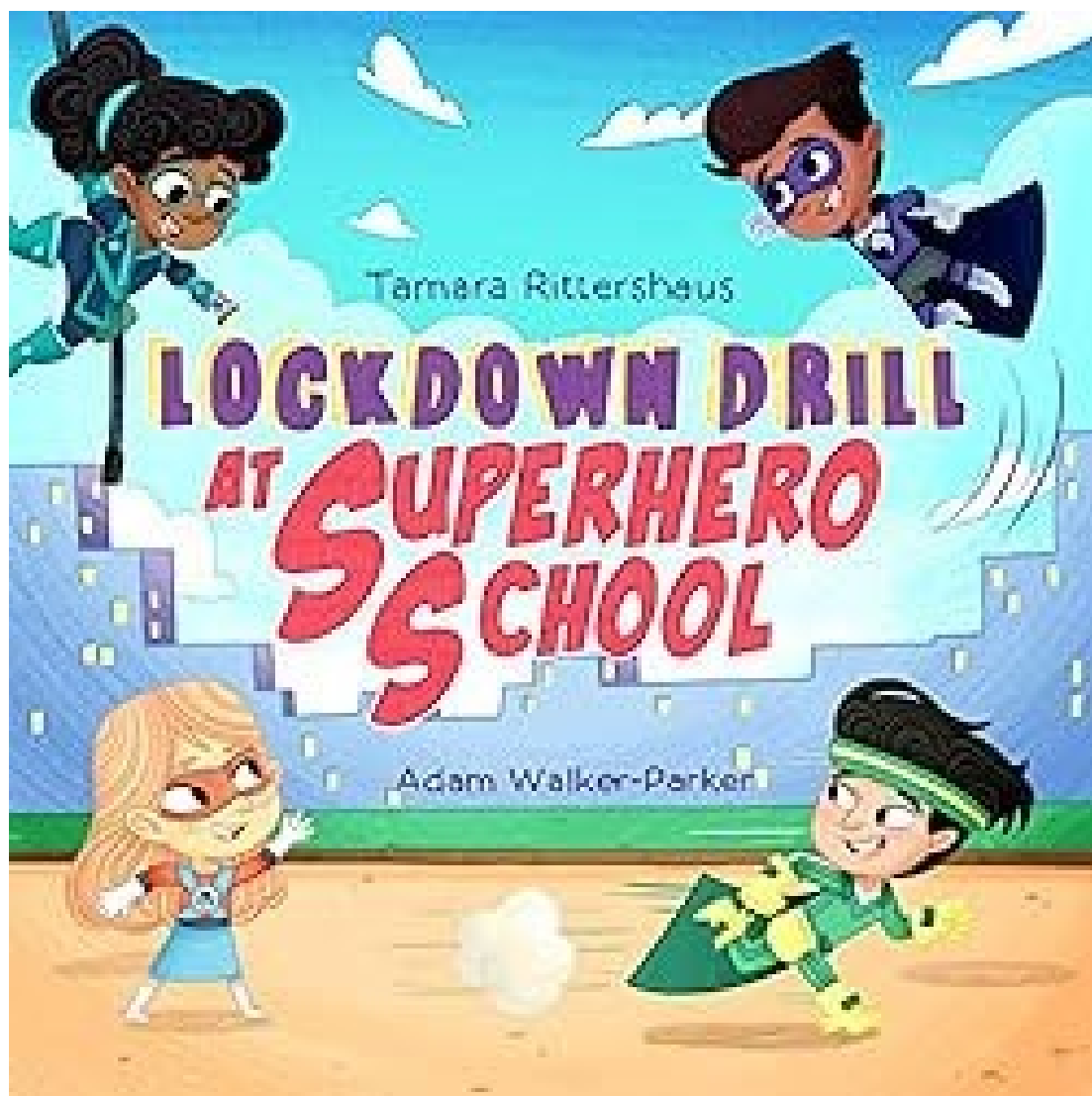
Howdy Lesson: Introduction to the Role of a School Counselor

During the first month of school, Mrs. Felix and Ms. Sandoval visit all classrooms and introduce themselves for both familiar and new students! We talk about what school counselors do, when and reasons to see a school counselor, where our offices are located, and the meaning of confidentiality.



Lockdown Drill at Superhero School

During the first month of school, we teach on lockdown safety and procedures through a children's mentor text, discussion and hands-on activity.



Michael Market Re-Opening: August 19th



Family Resources



San Antonio Food Bank

The San Antonio food bank actively fights hunger and feeds hope in San Antonio and Southwest Texas. Learn more about their work [here](#).



Children's Bereavement Center of South Texas

The Children's Bereavement Center of South Texas was established to help children and families grieving the death of a loved one. Find more information on this [link](#).



NISD Military Family Resources

Welcome Military Families to NISD. Visit our district [webpage](#) for information.



NISD Threads Clothing Closet

The Northside Threads Closet is another resource that supports Northside families by providing free clothing to students enrolled in the district. If you would like to visit the Threads Closet, please contact us for a referral. Once a referral is made, an appointment will be scheduled.

NISD Market-Family Engagement Center

NISD Market is a food pantry that provides free food to families that qualify. They are partnered with the San Antonio Food Bank and work in conjunction with the NISD Family Engagement Center. Please click here for more information.

Suicide Prevention Lifeline

This lifeline provides 24/7 free and confidential for people in distress, resources and best practices. Please click [here](#) to visit their website.

Find Help

If you or someone you know are in need of any resources, ranging from health support, food, clothing, counseling or financial support, you can visit findhelp.org or click the picture below. You will put in your zip code and the site will automatically give you resources in your surrounding areas and specific addresses/ phone numbers.



findhelp



Hannah Sandoval

Hannah is using Smore to create beautiful newsletters

