



March Newsletter

During the month of March we focused on helping students develop those intrapersonal skills, like self-awareness and emotional regulation, to learn how to manage anxiety and worries. We focused on "shrinking" our worries for grades K-2, and for grades 3-5, focused on test anxiety, as students gear up for STAAR in April!

In addition, for the Month of April, Mrs. Felix and Ms. Sandoval will not be going into the classrooms for guidance lessons, as we focus and prep for STAAR testing and support for grades 3rd-5th.

We will still see individuals, small groups, and support parent request and responsive services as needed.

Please reach out to us if you have any questions or concerns!

Mrs. Felix: christine.felix@nisd.net (PK, 2nd, 3rd, 5th): 210-397-3926

Ms. Sandoval: hannah.sandoval@nisd.net (ALE, K, 1st, 4th): 210-397-3925

February Cuppa Counselor: Heart Grams

For the month of February we invited parents to come and decorate a special craft for their child to be delivered on Valentines Day. We were blown away with the love of many parents who came, some writing notes, others tapping into their creative skills to decorate a card! Thank you for joining us and be sure to pop by for our last Cuppa Counselor of the year, May 6th!



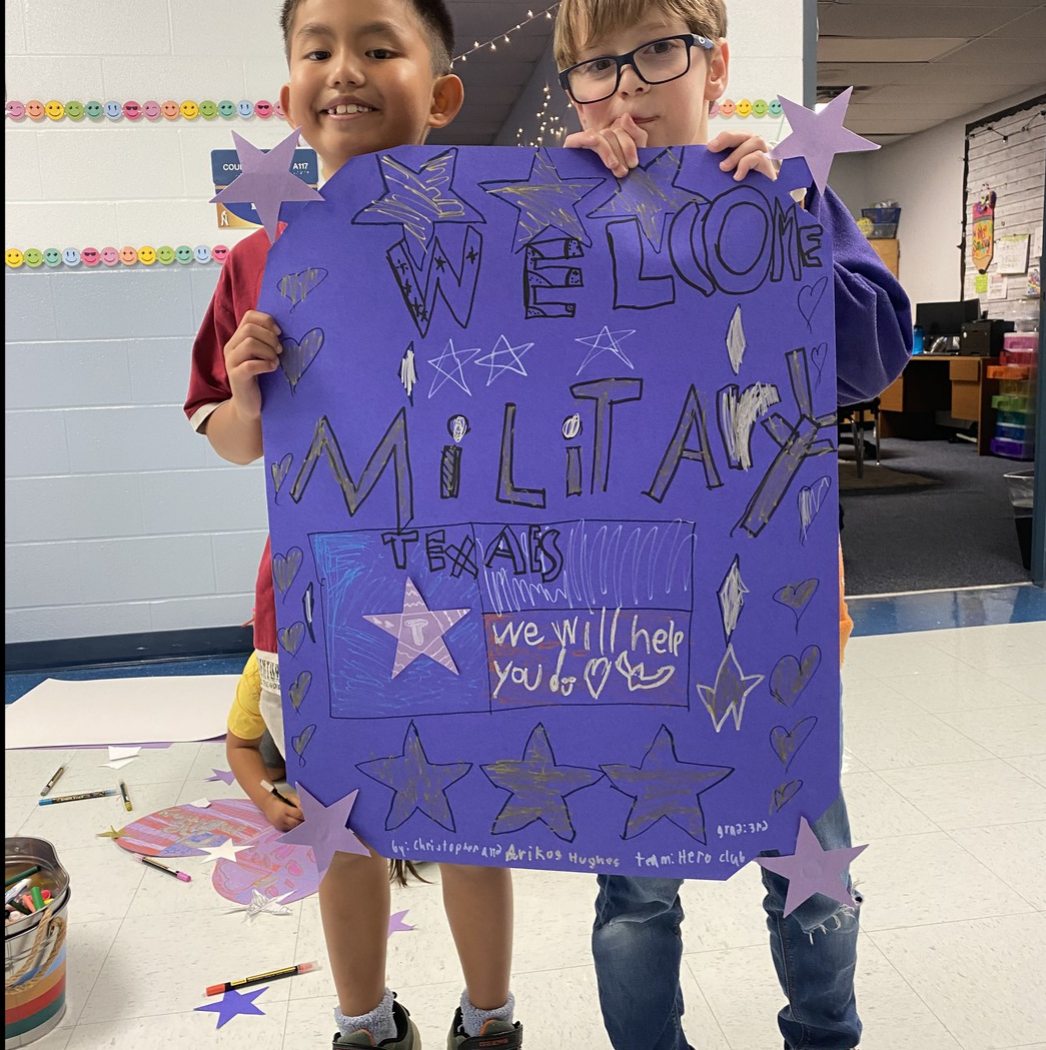


Kid Heroes Club Updates

We have LOVED having our monthly Kid Heroes gatherings!

For this last meeting at the end of March the students decorated Purple UP posters to gear up for our Month of the Military Child!

Please make sure to join us for our military breakfast Friday, April 17th!



March Guidance Lessons



Worrysaurus

Through this guidance lesson, students defined what a worry was, and how to overcome it, by creating a worry tool kit, and thinking of personal coping strategies that support them.



Test Anxiety

Through this guidance lesson, STAAR testing grade students learned techniques for managing stress, identifying things that cause stress, and described appropriate and healthy strategies to help prepare for STAAR.



Career Day Preview

Through this guidance lesson, students got a preview into Career Day, happening this May 2026! They learned how different careers require different tools, and how to think about choosing a career when they get older.

PURPLE UP DAY!

WEAR PURPLE ON:

FRIDAY, APRIL 17TH!

**IN SUPPORT OF
OUR MILITARY KIDS**

If you are a veteran, retired, or active duty service member you are invited to a light breakfast with your child!



When:

FRIDAY, APRIL 17TH

Time:

7:00-7:45AM

Where:

MICHAEL CAFETERIA

Join us for our last Cuppa Counselor!!!

May 6th, 2026 @ 3:30pm

Guest speaker you don't want to miss!

CAREER DAY



FRIDAY,
15 MAY 2026

8:00 AM

MICHAEL ELEMENTARY

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 (online resources in your area)

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