



# Counselors' Corner

October 2022

## This month's character trait: Individuality

### So what is It?

Individuality is the qualities or the characteristics that make one person different from all others.

### Why is it Important?

Individuality is important because if we were all the same, doing the same things, this world would be a very boring place. There is a place for everyone's ideas, thoughts, and personality and you should embrace everything that makes you YOU!

### How can you show Individuality?

- Do not be afraid but be PROUD to be yourself!

- Have your own style (clothing, shoes, accessories) and don't just wear something because someone else does.
- Like yourself for who you are and make a list of all the things that make you spectacular!
- Share your feelings and opinions (in a respectful way) without being worried about what others will think!
- Get involved in a sport or hobby that YOU like and not just one that your friends tell you to play or join - do what YOU enjoy!
- Listen to the music that you like to (as long as you have your parents' permission)

### October at a Glance

Oct 7<sup>th</sup> - FLVS Meet Up  
Oct 24 - 28<sup>th</sup> Red



Oct 26<sup>th</sup> - Vocabulary Parade

Oct 28<sup>th</sup> - LIVE Lesson (Making Healthy Choices)

## We're here to help!



O: 407-513-3699  
[rpinkman@flvs.net](mailto:rpinkman@flvs.net)  
Serving counties  
Alachua through  
Hardee, alphabetically,  
plus Hillsborough.

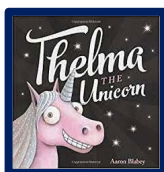


O: 407-513-3613  
[nminger@flvs.net](mailto:nminger@flvs.net)  
Serving counties  
Hendry through  
Orange, alphabetically,  
except Hillsborough.



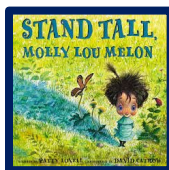
O: 407-513-3524  
[krhr@flvs.net](mailto:krhr@flvs.net)  
Serving counties  
Osceola through  
Washington,  
alphabetically.

### Check out these books!



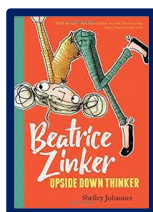
Thelma the Unicorn

By: Aaron Blabey



Stand Tall,  
Molly Lou Melon

By: Patty Lovell



Beatrice Zinker,  
Upside Down Thinker

By: Shelley Johannes

Please join your FLVS Flex Family for these fun daily activities to help celebrate Red Ribbon Week from October 24<sup>th</sup>-28<sup>th</sup>

Mon: **Celebrate Life; Live Drug Free!**

- Create a poster with this year's theme and submit to [nminger@flvs.net](mailto:nminger@flvs.net). Please include your name and grade level. See if you are chosen to be featured in our Nov newsletter!

Tues: **Put Drugs to Rest!**

- Wear your pajamas to class time

Wed: **Vocabulary Parade at 10AM**

- Write a poem or short story about how you plan to celebrate life and live drug free!

Thurs: **Say BOO to Drugs!**

- Wear your costume to class time

Fri: **LIVE Lesson on Making Healthy Choices!**

- Check your teacher's announcement page for zoom link and password.