

The Counseling Corner

THEME OF THE MONTH: UNDERSTANDING ASSUMPTIONS

This month, we're exploring assumptions and assumption bias — what they are, why we make them, and how they can impact our relationships. When we assume what others are thinking, feeling, or intending without checking in, it can easily lead to misunderstandings and conflict. Unchecked assumptions often create distance, hurt feelings, and confusion.

DAILY DROP

Assumptions can easily lead to misunderstandings and missed opportunities, both in learning and communication. A simple way to avoid them is to pause before reacting and ask, "**What am I assuming here?**" Instead of guessing what someone means or feels, ask clarifying questions to get the full picture. When making decisions, try turning assumptions into testable ideas—think of them as possibilities to explore rather than facts to rely on. Whether at home or in the classroom, taking a moment to check your assumptions helps build clearer communication, better problem-solving, and stronger relationships between students, parents, and teachers.

COMMUNITY-WIDE CHALLENGE:

Welcome to the Code Breaker Challenge!

The elementary, middle, and high school programs are working towards unlocking the vault by earning points. **Kindness is the community-wide goal** they are working to display to each other and the community. Each milestone unlocks a secret digit of the vault code. Once all digits are revealed, the vault opens and the reward is theirs!



How to Earn Points:

- Participating in class
- Meeting Community Goals
- Helping Peers
- Showing Leadership

CURRENT EVENTS

High school students participated in "**MASH-UP**" @ Gillette Stadium. This event focused on innovation, collaboration, and networking within the manufacturing industry. **Elementary** participated in the "Walk To School Day" on October 8th, and they also went apple picking this month.



Shout Out

The high school sold out its first bakery, and with many more yummy goodies to come, a shout-out to **Angela Mossey's class!** Shout-out to our **Seniors!** Brooke for volunteering with the elementary. Antonio for mentoring in reading. Nevaeh, for working with the Senators' class.

STUDENT/STAFF OF THE MONTH

Congratulations!

Student: Maggie Osgood

Staff: Ms. Kim

PARENT CHALLENGE

Ask your child why its important to look for facts before deciding what's true.

QUOTE OF THE MONTH

"Assumptions are the termites of relationships."
Henry Winkler

The middle school took a pause, and the community is focusing on safety and kindness.

RESET
restorative