



National School Counseling Week 2020 Sample Morning Announcements

Monday

Good morning. This is [insert name], your school counselor, and today is the first day of National School Counseling Week. Our focus for the week is "Resilience," the inner strength that helps you overcome the challenges and obstacles you have in life to help you become a better human.

Maya Angelou, the great writer and poet, faced a lot of struggles and traumas during her childhood. She moved from one family to another, where she witnessed and was a victim of violence. But she never gave up pursuing her dreams. She once said, "You may not control all the events that happen to you, but you can decide not to be reduced by them."

As your school counselor, I'm here to help you work on the skills that will help you become resilient so you can pursue all of your dreams. Come by and talk to me soon, and let's make today great!

Tuesday

Good morning. This is [insert name], your school counselor, and this week, we are celebrating National School Counseling Week. One of my goals is to help you learn new skills to help you succeed. Facing your fears is one of those skills, and it's one I have to practice, too.

Determination, self-confidence, and bravery – all of which are characteristics of resilience – can be hard. But being brave, determined and self-confident starts with standing up to fear. First Lady Eleanor Roosevelt once said, "We gain strength and courage by each experience in which we really stop to look fear in the face." Or, as comedian Tina Fey put it, "You can't be that kid standing at the top of the waterslide over-thinking it. You have to go down the chute."

If you ever want to chat about your fears and ways to overcome them, feel free to stop by and talk to me. I'm here to help! And maybe I'll tell you about a few of my fears, too.

Wednesday

Good morning. This is [insert name], your school counselor, and this week, we are celebrating National School Counseling Week. Did you know that your attitude can help you take on the challenges and obstacles you face in your daily life?

We all know people who are grumpy. Or negative. Or ungrateful. They find it easier to complain about their obstacles than to work through them. But as Michael Jordan once said, "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it."

Babe Ruth, one of the greatest baseball players ever, had a similar attitude. "Every strike," he said, "brings me closer to the next home run." And he hit 714 home runs, a record that stood for almost 40 years.

Take a moment to think about your attitude. Do you approach things positively or negatively? Do you reach out to others for support? Reach out to me. Feel free to stop by my office anytime.

Thursday

Good morning. This is [insert name], and this week, we are celebrating National School Counseling Week. Today, let's talk about how resilience can contribute to healing and well-being.

Christopher Reeve played one of the greatest heroes of all-time – Superman – in four movies. But a horse-riding accident left him paralyzed from the neck down, proving humans are more vulnerable than the characters they play on stage and screen. Reeve devoted the last decade of his life to finding a cure for paralysis, raising millions of dollars through his foundation.

He once said, "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." His resilience and grit in the face of tragedy, not his costume or his on-screen superpower, are what made him a true hero.

What can you do to help others who are struggling or in need? What can others do to help you become more resilient in your life? Give this some thought and come see me if you'd like to talk. Be someone's hero today.

Friday

Good morning. This is [insert name], and today is the final day of National School Counseling Week. Like everyone at our school, the school counseling staff is here to help you succeed. We are here to help you become resilient learners who find ways to overcome challenges, to think and act for yourselves, to take responsibility for your mistakes and celebrate your successes so you can do better and be better each day.

Resilience requires courage that starts inside you. As Winston Churchill said, "Success is not final and failure is not fatal, but courage is what counts." The great Nelson Mandela believed that courage was the triumph over fear.

As your school counselors, we are here to help you develop that courage, that grit that is so necessary in all parts of your life. Our door is open, and we are here to listen and to help.

Thank you for celebrating National School Counseling Week with us. Have a terrific and safe weekend!