



Doss Counseling

Oct 2025

National Bullying Prevention Month

Doss and AISD are committed to respect for all. During National Bullying Prevention Month, we will be launching our R.E.A.L. campaign. Click [here](#) to learn more.



Mrs. Aderibigbe's "Tiger Time" has all the components of an awesome morning meeting!

Lesson Topics

This month, all class will have lessons on "Bullying Prevention" and "Conflict Resolution."

Wear Orange on Wed, Oct 22

Wednesday, October 22nd is Unity Day. We're asking for all Doss students and staff to wear orange to send a visible message of kindness, acceptance, and inclusion. For more information, click [here](#).

Month	Lesson Topics	Events & Activities
Aug/Sept	Meet the Counselor* Self Awareness/Regulation*	Back to School Night, school supply to those in need, Minute Meeting New-to-Doss Lunch groups
Oct	Bullying Prevention* Conflict Resolution	Small groups start
Nov	Mindfulness	World Kindness Day 11/15
Dec	Personal Safety/Netemarts*	Winter Wishes
Jan	Goal setting/Growth Mindset Self acceptance	Middle school transition, Kin Week (Jan 12-16th)
Feb	Justice, Equity, and CP&I* SA (Library Collab)	School Counseling Week
Mar	Career Readiness and Exploration*	Pride Week Career Week (March)
Apr	Anxiety/Stress University/Brain Science*	5 th Grade PALS Application
May	End of Year Belonging	Transition to Summer

Supportive Parenting for Anxious Childhood Emotions

Child psychologist Dr. S. Louise Tedford will be sharing effective strategies for supporting children with anxiety at Toybrary on October 8th. More details can be found [here](#).

We have updated our lesson topics for this year, click [here](#) to see what's ahead!