



Osceola County
SCHOOL DISTRICT

Educational Choices and **INNOVATION**



NEW THIS MONTH

Counseling Awareness Month

**School Spotlight -
Michigan Avenue Elementary**

Autism: Did You Know?

Celebrate Earth Day

Important Dates

Counseling Awareness Month

Life can be tough at times, and we all need some extra help and support. Counseling is a helpful process where one can talk to a trained professional in a safe and supportive space.

Counseling has been an essential part of the education field for over 100 years. Every district school has a school counselor who is uniquely qualified to address the developmental needs of all students through a comprehensive school counseling program addressing the academic, career and personal/social development of all students.

In addition to reaching out to the school counselor, students can access the Osceola School District's Virtual Space to go on a "virtual getaway" where they can laugh, learn something new or just relax. To learn more about this and other resources, visit <https://www.osceolaschools.net/Page/7727> and <https://www.osceolaschools.net/Page/6278>. As suggested by various resources, to quickly achieve mental relaxation, you can try simple coping strategies, such as:

- exercising
- taking deep breaths
- limiting your social media usage
- connecting and helping others
- dedicating time to yourself
- doing something that makes you laugh

In this month of April, make a conscious effort to prioritize your mental health by engaging in activities that bring you joy and happiness. If you encounter any challenging situations, remember that there are counselors and virtual resources available to help improve your mental health and overall well-being.

**The best and most efficient counseling is 'heartfelt'.
-Cochran**



MICHIGAN AVENUE
ELEMENTARY SCHOOL

Michigan Avenue Elementary is a collaborative community of students, parents, and teachers who ensure all can learn and grow into creative well-rounded individuals. The highly qualified staff seeks to create a challenging learning environment that encourages high expectations for success while promoting a safe, caring, and supportive environment for all learners. We are the Bullpups!

Notable Highlights

- State-of-the-art Technology
 - Smartboards, Hover Cams, Maker Space Lab, and Skills Labs

Enrichment Offerings

- Cheerleading
- Golf, Soccer, Cross Country and Running Club
- Disney Musicals

To learn more about Michigan Ave. ES, visit www.osceolaschools.net/maes.

Autism: Did you Know?

Join us April 2nd to bring awareness to autism, and celebrate the power of an autistic mind. A person with autism may possess very unique and exemplary characteristics.



2
APRIL

According to various sources, here are 5 superpowers of autism:

1. Intense Concentration
2. Superior Knowledge
3. Incomparable Creativity
4. Unbreakable Persistency
5. Unwavering Commitment

World
AUTISM
Awareness Day

20
APRIL

Celebrate
EARTH DAY

Join us and the Osceola County Library System to celebrate Earth Day

CRAFTS FOR ALL AGES
FACE PAINTINGS
LOCAL VENDORS

FOOD TRUCKS AND MORE!

Veterans Memorial Library
810 13th Street St. Cloud FL 34769

UPCOMING IMPORTANT DATES

April 2nd - World Autism Awareness Day

April 8th - 3rd 9 Weeks Report Cards

April 21st - 27th - National Volunteer Week

April 22nd - Earth Day