**Welcome back from our long winter break! I hope everyone is well rested and ready to jump back into learning ☺.**

**My name is Ms. Ward and I am the new School Counselor at PES. I am at MES on Monday, Tuesday, and half-of Wednesday, and at PES the rest of the week. I am very excited to meet everyone, and I look forward to working with you!**

**Safety Tips**

* **This is just a reminder that during the winter months the weather changes throughout the day. Students should be bundled up in warm clothes during the morning, but have something lighter on for when the day starts to warm up.**
* **This is also the time of year when people get sick. Make sure to wash your hands several times a day, especially before touching food and after using the restroom. Cough and sneeze into your elbow instead of on your hands. Get enough sleep, and eat healthy well-balanced meals.**
* **Children weighing less than 70-80 pounds should not be riding in the front seat of a car if it has a passenger airbag. If the child is 40 pounds or less, they should only ride in the backseat of the car.**



**Since I have only been here for a day-and-a-half, I will include more information about the counseling program at PES in next month’s newsletter.**

**I am here to help! Please feel free to contact me:**

**252-224-8071 PES**

**910-743-5191 MES**

**erica.ward@jonesnc.net**

**Quote of the Month-**

**“The more that you read, the more things you will know. The more that you learn, the more places you’ll go!”**

**-Dr. Seuss**

PES Counselor’s Corner

**January 2014**