

Counselor's Corner

February 2026

Ms. Jennifer Weber
Dr. Michelle Cravens
Ms. Lisa Hilf

- **Youth Mental Health Summit:** On Thursday February 12th we will be taking all 8th students to the Youth Mental Health Summit. This is an annual event held at Northern Kentucky University that brings together hundreds of middle and high school students to focus on mental health, suicide prevention, and substance use awareness.
- **Preschool-4th grade:** During the month of January, Ms. Lisa worked with the first and second grade classes on “self-love”. Self-love is the foundation of self-confidence. Recognizing self-love is not a one-time achievement, it’s loving parts of yourself every day. At the end of the lessons, the students made their own self-love snow globes. The third and fourth grade classes continued with the Kindness 101 series. These lessons focused on “Generosity” reflecting giving support to others, especially when it isn’t expected.



- **Outside Therapy Services:** Our new therapists both with DCCH as well as with OneQuest Health have both started and we are very pleased with the help they are providing for all students who need additional wrap around services with mental health.
- **Spelling Bee:** Ms. Weber facilitated the spelling bee for students grades 4-8 over the past few weeks. The winner, 5th grade student Oliver Perdue will now be eligible to participate in and represent Southgate in the Regional Bee in March.
- **Girls on the Run:** Registration for Girls on the Run opens this week. Through Girls on the Run, Southgate will be hosting a Heart and Sole team for girls in grades 6-8. This season will begin in March.

