



Counselors' Corner



LOVE YOUR BRAIN WEEK

OCTOBER 27-31ST, 2025



Each day during Love Your Brain Week, students will learn a new tip on how to keep their bodies and brains healthy such as sleep, exercise, coping strategies for stress, using mindfulness, and eating healthy.



Diwali



Diwali, also known as the Festival of Lights, is one of the most important Hindu festivals, celebrated by millions around the world. It symbolizes the victory of light over darkness and good over evil. Diwali typically spans five days, with the main festivities involving the lighting of oil lamps (diyas), decorating homes, exchanging gifts, and enjoying festive meals. The festival is often associated with the return of Lord Rama to Ayodhya after defeating the demon king Ravana, as well as the worship of Goddess Lakshmi, the deity of wealth and prosperity. Celebrated in October or November, Diwali fosters a spirit of joy, togetherness, and renewal.

NATIVE AMERICAN HERITAGE MONTH



November is Native American Month

November is Native American Heritage Month to honor the experiences and contributions of Native Americans. We would like to encourage members of the Kiker community to bring in names or copies of pictures of Native American family members to add to our poster.