



1st Edition

Meet Your Counselors



Mrs. Clair 2nd- 5th

TO THE WORLD
YOU MAY BE ONE
PERSON, BUT TO
ONE PERSON YOU
MAY BE THE
WORLD.

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Classroom [Link](#)

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Meet Your Counselors

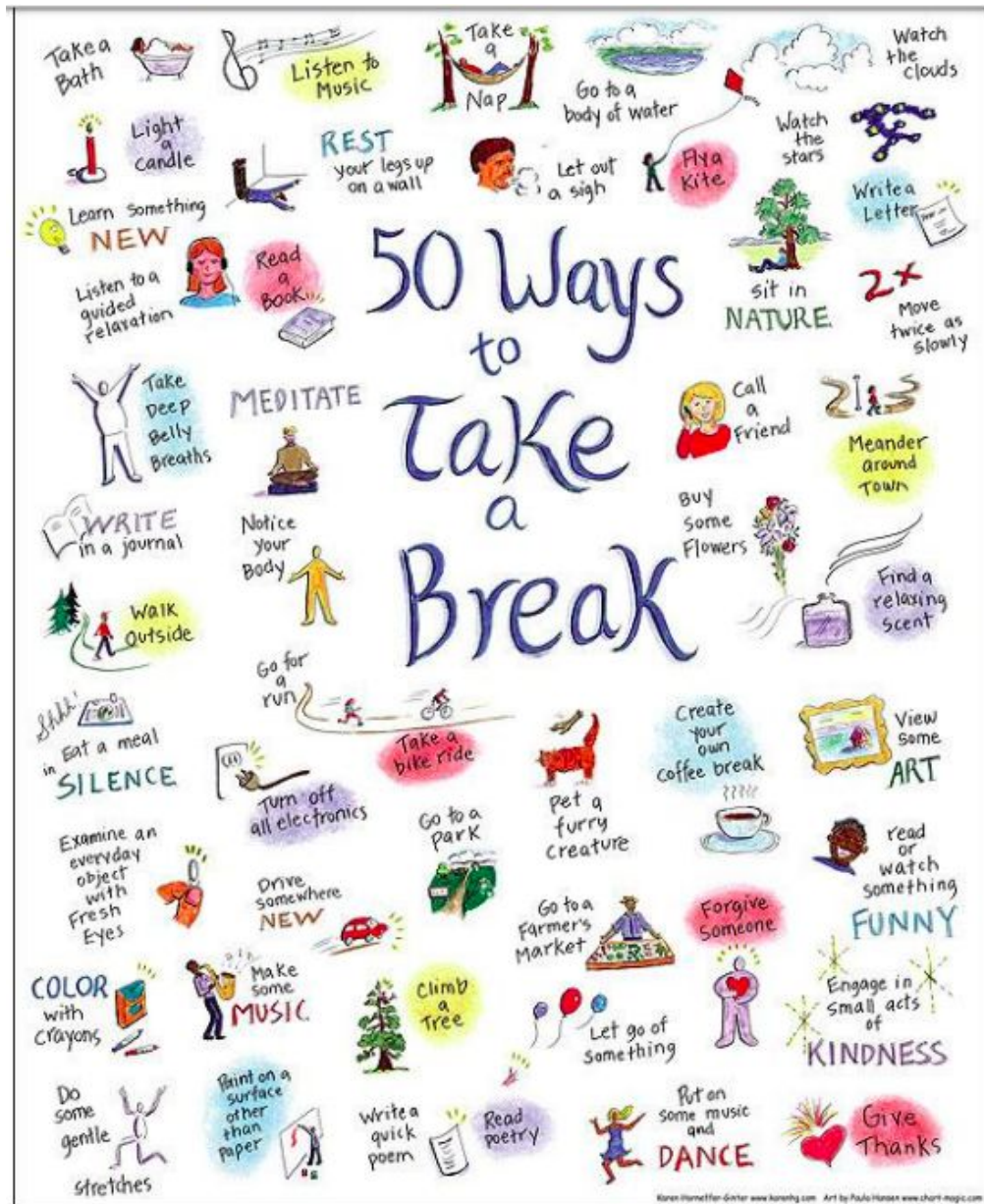


Mrs. Rosch Kg- 1st

IN A WORLD
—WHERE YOU CAN BE—
ANYTHING
BE
kind



Student Mental Health Tip of the Week



Sometimes your student just might need to take a break and that is ok. We recognize sitting in front of a computer for big chunks of time is not ideal, so taking a moment to break it up can be very helpful. [Here](#) are a few to try!

2020/2021

COUNSELING



Corner

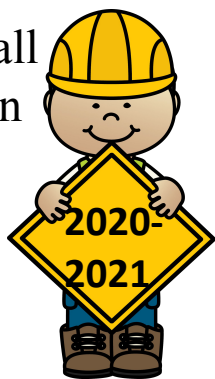
Parent Mental Health Tip of the Week

As the weeks go on, sometimes it is hard to stay motivated to get our work done. Here are some tips and ideas to help you stay on track!!

1. **Practice Self-Discipline:** this means doing what you need to do EVEN if you don't feel like it! Limiting distractions, organizing materials, and setting alarms can be helpful.
2. **Have a Growth Mindset:** if you believe that you can learn and grow, you will! Positive thinking makes people more productive.
3. **Set Goals:** start with realistic short term goals (15 min of reading, one notebook entry) and that will help you achieve bigger goals. Reaching goals feels good and very motivating!
4. **Resilience:** resiliency means being able to "bounce back" when things go wrong. We all make mistakes but try to learn from them and move forward
5. **Ask for Help:** we all need people to help us and support us. Ask a parent, grandparent, teacher, or friend if you need help.
6. **Take Care of Yourself:** It's important that we take care of ourselves physically (exercise, get enough sleep, drink water) as well as mentally (take breaks, do things we enjoy, talk to someone).

You got This!

A note to parents: Many of you have expressed that your child is having trouble staying motivated to finish their school work. A loss of motivation is something we see our students go through when approaching something they may not be familiar with. In that way, this is something that is actually "normal" right now! We want you to know that you are doing a great job! Thank you for all of the work you have done to keep your students engaged and on track. Remember it's not hard, it's just new. As everyone gets settled into a routine, things will begin to feel more natural.





Resources

Working with kids through a crisis. [LINK](#)

Guidance to weekly Telehealth Groups to help with cognitive behavioral skills or regulating emotions. [LINK](#)

Words of Affirmation [LINK](#)

Parkway Food Pantry Sign Up [Link](#)

Resources

[Mrs. Clair's Book Nook](#)

[Mrs. Rosch's Virtual Classroom](#)

We are missing you guys!!!
Air High Fives for now!



Emergency Resources

- Emergency resources
- 911/Take your child to the ER
 - National Suicide Prevention Hotline: 1-800-273-8255
 - Behavioral Health Response Crisis Line: 1-800-811-4760
 - Saint Louis Crisis Nursery: 314-768-3201
 - Salvation Army: 211 (mortgage, utility bills, clothing, medication bills, etc.)