



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.

Contact Information

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Classroom [Link](#)

If you need help click [HERE](#)

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Meet Your Counselors



Mrs. Rosch Kg- 1st

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

2020/2021

COUNSELING



Corner

Student Mental Health Tip of the Week

*It is not what
we have in life,
but WHO we
have in life that
matters!*

*Don't Forget
to be
AWESOME!*

*Be Silly
Be HONEST
Be Kind*

Winning doesn't
always mean being
first!
Winning means
you are doing
Better than you
were doing
before.
-Bonnie Blair

Kid-
You can move
Mountains! Today is
your Day! Your
Mountain is waiting,
So get on your Way!
-Dr. Seuss

**NO ONE IS
PERFECT, THAT
IS WHY PENCILS
HAVE ERASERS!**
-UNKNOWN

*Remember
Your Dreams
and Fight for
them!*
-Paulo Ceolho

*Never Say
"I Can't"
Always Say
"I Will"*

2020/2021

COUNSELING



Corner

Parent Mental Health Tip of the Week

Your children
will become
what you are.
So be what you
want them
to be.



Be a good role model for your child

Be fair, be consistent and respect your children as you would have them respect you.

Stay close to your children, but give them room to learn from their own experiences and to think for themselves.

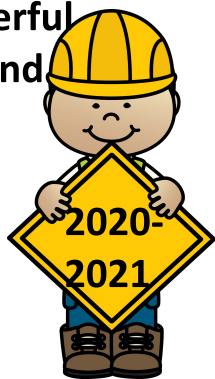
Remember that your child is learning from you, not only when you are telling him or her what to do, but all the time, by your example.

Use kind and supportive words with your child. Unkind words can hurt as much as, or even more than physical punishment.

Remember that you were once a child and treat your children with patience and understanding.

Love your children with all your heart, your mind and your strength and everything else will follow.

**We hope you have a wonderful
winter break! Stay safe and
don't forget to
have fun!**





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.)