



January Edition

## Meet Your Counselors



# GRATEFUL



Mrs. Clair 2<sup>nd</sup>- 5<sup>th</sup>

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

## Contact Information

Email: [aclair@parkwayschools.net](mailto:aclair@parkwayschools.net)

Phone: 314.415.6058

Classroom [Link](#)

If you need help click [HERE](#)

## Contact Information

Email: [mrosch@parkwayschools.net](mailto:mrosch@parkwayschools.net)

Phone: 314.415.6057

Classroom Link

If you need help click [HERE](#)

## Meet Your Counselors



Mrs. Rosch Kg- 1st

IN A WORLD  
—WHERE YOU CAN BE—  
ANYTHING

BE  
kind



## Student Mental Health Tip of the Week

### IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME



2020/2021

# COUNSELING



Corner

## Parent Mental Health Tip of the Week

BUT WE ARE ALL IN THE SAME STORM



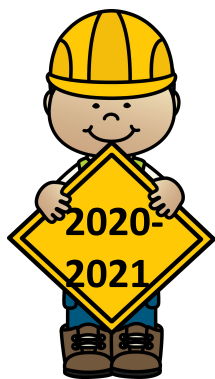
SUPPORT EACHOTHER

#DONTJUDGE #BEKIND

A powerful tool when working with children is the power of positive attention. Frequently children will behave in the manner that gets the most attention. A common example is the phenomenon of extreme attention seeking during any sort of phone call or zoom call. Your child has been playing legos and entertaining themselves calmly for an hour. You make the decision that this would be the perfect time to squeeze in that phone call or zoom call. Then suddenly, your little one has painted their face with marker and is chasing the dog with a whisk. What just happened? Your child is engaging in negative attention seeking. Any type of attention is typically preferred to no attention at all. So your child is willing to brave being yelled at in order to attain your attention.

What do you do about that? You can utilize positive attention. This tool teaches your child that they will gain your attention by doing what you want them to be doing. Thereby encouraging them to do more of it. Interested in learning more? Check out the link to become an expert and to get some more peaceful phone calls/zoom calls in your future:

<https://childmind.org/article/the-power-of-positive-attention/>





## 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 love seeing you guys!!!  
Air High Fives for all!



## 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.)

