



November 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



What is Self-Care?

**Purposeful, intentional acts designed to help us recharge.**

Self-Care is at the heart of managing stress. It should be ongoing, consistent and never set aside because we are too busy. We are here for your children, please reach out if we can help in any way.



2020/2021

COUNSELING



Corner

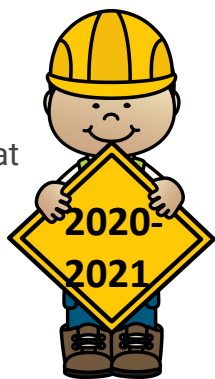
Parent Mental Health Tip of the Week

Don't be afraid to  
**CHANGE.**

You may lose  
something good  
but you may gain  
something better.

Change is a constant, it is the one thing we can always count on. Many times, we are prepared for changes such as a move, or a transition from the school year to summer and vice versa. The most important thing we need to instill in our children as we help them learn to cope with change is that many changes we experience are good changes. Change is healthy.

Preparing our children for change is an important skill. It is beneficial to teach them at an early age as these changes are often easier to arrange. It is a skill that everyone has to learn and continue to work on. Change can be great as long as we embrace it!



2020/2021

# COUNSELING



Corner

## 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!

HIGH FIVE!



## 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.)