



2nd Edition

## Meet Your Counselors



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

2020/2021

# COUNSELING



Corner

## Student Mental Health Tip of the Week



### WAYS TO FOSTER POSITIVE THINKING



Recall positive life events



Perform acts of kindness



Practice mindfulness



Express gratitude

Students are experiencing such a different world but one important thing has remained the same. Kindness and positivity! Try to perform at least one act of kindness every week.

[Here](#) is a great video that talks about random acts of kindness.



## Parent Mental Health Tip of the Week

### How to nurture a child's mental health

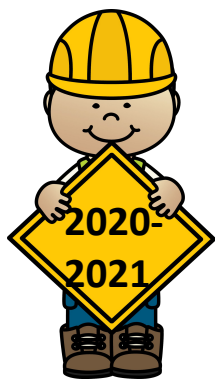


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A note to parents:

You got through the first few weeks of school! We know this isn't easy and we think you are doing a great job! Above are a few tips to help your child. Every student learns differently and we are here to help you find a solution that works for your family. Sometimes just changing their chair or adding a pillow will help a student feel more comfortable. Finding a good fidget may be a good solution. Creating a reward chart for making good choices is a great option as well. Turning off the video on zoom and taking brain/movement breaks is perfectly okay. Hang in there.

We are here for you!



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 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.)