



3rd 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

Email: aclair@parkwayschools.net

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Classroom [Link](#)

If you need help click [HERE](#)

Contact Information

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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

10 TIPS TO STRESS LESS 10

- LE WONDER TICKET**: LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
- PARK PAS**: GO FOR A WALK WITH A FRIEND
- ENJOY RIDE**: FOCUS MORE ON THINGS YOU CAN CONTROL
- MULTI PASS**: ASK FOR HELP
- CARTE BLANCHE**: YOU GIVE SOMEONE A NICE COMPLIMENT. HAVE A SMILE.
- GOOD FOR YOU TICKET**: GET INVOLVED WITH A CAUSE YOU BELIEVE IN
- WINNING TICKET**: REMI-NISCE (ABOUT GOOD TIMES)
- DREAM TICKET**: GO TO BED EARLIER
- FREE AIRS**: BREATHE
- VERY PERSON**: TAKE A DANCE CLASS

VISIT WWW.MENTALHEALTH.ASN.AU
MENTAL HEALTH ASSOCIATION NSW 1300 794 991
SPONSORED BY NSW HEALTH

Click [here](#) for A to Z of coping strategies to help you take care of yourself!

2020/2021

COUNSELING



Corner

Parent Mental Health Tip of the Week

IT IS EASIER
TO BUILD
STRONG
CHILDREN
THAN TO
REPAIR
BROKEN MEN.

~ Frederick Douglass

Tickled Mum Quotes @ TickledMummyClub.com.au

In the hustle of academic work, don't forget the importance of play. It provides a break for the brain and research shows that exercise can alter brain structure to improve memory, attention, mood and cognitive function. We recommend unstructured play after school with lots of room for imagination. This will give your child space and time to practice social-emotional skills and creative problem solving.

Click [here](#) to learn more about the quote above!





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.)