

The Counselor's Corner

The Counseling Department is pleased to introduce Mrs. Cierra O'Connor who is pursuing her Master's in School Counseling from Wake Forest University. Mrs. O'Connor will be working with Mrs. Jennifer Cotnoir full-time through April to fulfill the hours she needs to complete her internship. She will be working with students individually as well as running small groups and teaching classroom lessons all under the supervision of Mrs. Cotnoir. Mrs. O'Connor is a military wife and former service member herself who has a love of fitness. She also has three young children of her own. If you see Mrs. O'Connor on campus, please feel free to welcome her to St. Louis School.

Podcast Pick of the Week

Each week, we will try to highlight a podcast of the week. The podcast has been listened to by one of the members of our Counseling and/or Resource team. This week's pick is from the **Joyful Courage** podcast Episode 215 from January 7th. It is entitled "The Power of Showing up with Dr. Dan Siegel and Dr. Tina Bryson". This is a fantastic podcast and will take just over an hour to listen to. Dr. Siegel and Dr. Bryson have just authored a book which they discuss in this episode about the importance of showing up for our children. Please consider taking the time to listen to this informative interview. You may want to consider signing up for the hostesses upcoming Adolescent mental health summit which is being offered for free in early February. You'll hear the details of that if you listen to this episode. If you've never listened to a podcast, maybe 2020 is the year to try something new. You can access them from your phone or computer. They're great to listen to while driving, exercising, making dinner, anytime really. If you have a recommendation for a podcast, please forward it to jcotnoir@stlouisschool.org for consideration for our Podcast Pick of the Week.

Quote of the Week

"It takes no strength at all to belittle or demean ourselves. What is hard to do, what takes strength, it to admit our flaws and still see our values."

Check back next week for our parenting tip of the week!!