

COUNSELOR'S CORNER

FOR CCS PARENTS

OCTOBER 2018

. Red Ribbon Week October 22-26, 2018

Congratulations to **ANNA GRACE SPARKS** for being selected as Red Ribbon Leadership Award recipient!!

Please join CCS as we promote healthy and drug free lifestyles. I cannot wait to see all of the fun get ups!! We are combining our St. Jude fundraiser with RRW. Please donate Thursday and sport your Wild Hair. ☺

*Pre-K classes may vary. Please see your child's teacher.

Monday- "Wake up Drug Free"- Wear your PJs.

Tuesday- "Hats off to Being Drug Free"

Wednesday- "Make Superhero Choices"- Dress up as your favorite superhero.

Thursday- "Wild about Being Drug Free"- Donate at least \$1 to St. Jude's.

Friday- "Red Ribbon Fun Run"- Students wear their red t-shirt. Special thanks to Dr. O of Compass Urgent Care for donating t-shirts and supporting CCS!!!

. Large Group Counseling

This month I am going into classrooms to discuss our "Kindness Rocks" project. October is also Bully Prevention Month. One way we are addressing bullying is by focusing on kindness. You may hear of or see decorated rocks with encouraging and uplifting quotes, words, or images. If you spot a rock around campus feel free to pick it up to keep or pass along to encourage another.

Other Large Group topics have included Managing Difficult Feelings, How my Heart Feels, Paying Attention to Our Body Signs using the Minecraft Scale, Finding the Fire, Deep Breathing Techniques, and Filling Your Toolbox with Coping Tools.

YOU
MATTER.

A LOOK AHEAD

November 2 is the **LAST** day to enroll in Rainbows. Feel free to email me if you need more information.

We will be focusing on gratitude and filling up our Kindness Tree with leaves of thanks!

I will be going into classrooms focusing on career exploration, communication, and tools to aid in academic/school success.

Feel free to contact me
esmith@corpuschristiparish.com

Emily Smith, LICSW

Counselor



CCS Kindness Tree- Students were given hearts (leaves) which will fill our tree. The leaves will represent each time a student is caught showing Cougar Character (paw points). Students can also add a leaf when they witness someone being kind or doing a good deed. Stop in and see our progress in the hall just outside of the school office.

