



OCTOBER

Counselor's Corner



Aristoi Classical Academy - Cypress



October brings cooler weather and the excitement of fall activities. This month our virtue focus is **Courage**. We'll be looking at how we can help our students face hard things, take brave steps, and grow through challenges.

Virtue of The Month

Helping Children Face Hard Things Without Rescuing Them

Courage grows when children have opportunities to work through safe, manageable challenges. Our job isn't always to make the hard thing go away. It's to help our kids discover, "This is hard, and I can handle it."

Help Courage Grow at Home

- Validate without rescuing: "I know you're nervous. You can be nervous and still try."
- Break it down: "What's one small step you can take?"
- Pause before stepping in: Give them a chance to problem-solve first.
- Praise brave attempts: Notice effort and bravery, not just success.

When They Say, "I Can't..."

Try:

- "You don't have to do it perfectly. Just take the first step."
- "What part feels hardest?"
- "I'm here to help, but I want to give you a chance to try first."

October Parent Challenge

Before jumping in to solve a problem, ask yourself:

- Do they need me to fix this or help them find the courage to handle it?
- Small brave steps build capable, resilient kids.

Check out this Ted Talk: [How to Raise Kids Who Can Handle Hard Things](#) | Kathryn Hecht

If you have any questions or concerns,
I'm here to help.

Melissa Mathew, Gen.Ed. Counselor

You can reach me at

mmathew@aristoi.classical.org or call
(281) 391-5003 x 26090.

Have You Visited the Counselor Dashboard?

The [Counselor Dashboard](#) is your go-to spot for school counseling information, parent and student resources, helpful links, and updates throughout the year. Be sure to check back, as new resources will continue to be added!

What School Counseling Is and Is Not

School counseling provides brief, school-based support when social, emotional, relational, or behavioral concerns are making it harder for a student to have a successful school day. This might include friendship concerns, worries, big feelings, adjusting to changes, problem-solving, coping skills, or simply figuring out what to do when a student feels “stuck.”

School counseling is not a replacement for therapy or other ongoing mental health services. While I can provide support and teach strategies students can use at school, my role is not to provide long-term or intensive counseling. If a student’s needs extend beyond what can be addressed through school-based support, I’m happy to partner with families and outside providers to help students receive the support they need.

Click [this link](#) for more information.

Partner With Me!

I want us to work together to help your student thrive at school. You know your child best, and your insight is valuable! Please reach out if there is something happening that may be affecting your student socially, emotionally, relationally, or behaviorally at school.

Small Groups Coming Soon

Small counseling groups will be planned soon! Group topics will be selected based on the needs identified through our Needs Assessments. More information coming!

A Note About Needs Assessments

Thank you to everyone who completed a Needs Assessment! Because responses are anonymous when they reach me, I cannot identify families who included a specific request for their student. **If you requested individual support for your child on an assessment, please email me directly so I can follow up with you.**

Let’s Connect!

One of my goals as your school counselor is to partner with and get to know our Aristoi families. I’d love the opportunity to meet you, hear a little about your family, and answer any questions you may have about how I can support your student. Be sure to stop by and say hello during **Open House Night On October 8th at 6 pm.**

Keeping Families Informed

I believe communication with families is an important part of supporting students. Any time your student meets with me individually, I will let you know. Sometimes students simply need a calm place to reset, talk through a problem, or figure out what to do next.

Classroom Guidance Lessons

I have been visiting classrooms to introduce myself and help students understand what a school counselor does, when they might need my help, and how to find me.

Parent Workshops

Based on feedback from our Parent Needs Assessment, we’re beginning to plan parent workshops around the topics our families are most interested in. One highly requested topic was Love and Logic, and our District Counselors are working to explore opportunities to offer this training. Stay tuned!