

COUNSELOR'S

CORNER **MARCH**

A NOTE FROM YOUR COUNSELOR

MARK YOUR CALENDAR

GREETINGS!

Welcome to my new monthly newsletter! My goal for this page is to offer helpful resources and insights into your child's emotional and social development. You will find many opportunities and links each month that you can explore with your children. Upcoming guidance activities as well as service opportunities will also be highlighted. If you have suggestions on specific topics you would like me to address please email me. I love working with your children each day and look forward to sharing with you as well. ❤️ MRS. SHAIN

- MARCH 4th-8th • TERRA NOVA TESTING
- MARCH 17th • FREE STRESS, ANXIETY & DEPRESSION SEMINAR @ St. MARGARET MARY (FLYER ATTACHED)
- MARCH 18th-22nd • SCHOOL-WIDE RICE BOWL COLLECTION led by student volunteers (bring in some spare change!)

CONTACT THE COUNSELOR

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HELPFUL LINKS AND RESOURCES

- "MOMO Challenge" RESOURCES: <https://www.forbes.com/sites/andyrobertson/2019/02/27/dont-panic-what-parents-really-need-to-know-about-momo-challenge/?3319cfd304b>
- <http://billhenderson.me/the-momo-challenge/?fbclid=IwAR2AnQ934fDWP8kLX1ckZUvYtHAOVBmhlW8IVrYGEZxPLDnsfCh03LXu>
- (Watch first seven minutes of video)
- A MIGHTY GIRL**: BOOKS FOR ANXIETY IN CHILDREN
- <https://www.amightygirl.com/blog?P=22612&fbclid=IwAR1BJV01GOMAGUNH9QWGLSG3y43ZAdeLGO.IPSJAXXRESZIGKJf4LNUNrY>

SPOTLIGHT STUDENTS

REESE HALL, SYDNEY HALL, SYDNEY MCDILL, & CHRISTINE VERY (7th GRADE) are leading a bake sale after weekend masses to collect money for the CRS RICE BOWL! Come to mass and support a good cause!



TERRA NOVA TIPS

- Get a good night's sleep (8-10 hours), no homework this week - no excuse!
- Eat a hearty breakfast (high protein, low sugar)
- Get to school on time!
- Limit screen time throughout the week. Exercise instead!

Stress, Anxiety & Depression

S.A.D. CHILDREN

Strategies for Parents & Teens

FREE EVENT

St. Margaret Mary Hospitality Room

March 17th - 3:15-4:45 pm

For parents of children of all ages with parallel programming for Jr. and Sr. High students.

Psychologists Dr. Tony Sheppard and Dr. Zack Thieneman from Groupworks will run separate workshops for parents and teens respectively.

Hear ways to be supported or to support your children, friends or classmates.



Dr. Tony Sheppard
Psy.D., CGP, FAGPA



ST MARGARET MARY
• CATHOLIC COMMUNITY •



Dr. Zack Thieneman
Psy.D., CGP