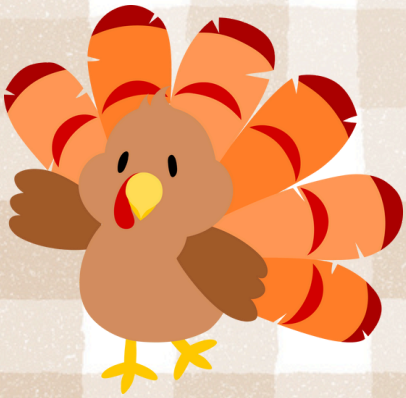
NOVEMBER COUNSELING CORNER



Tackle Stress During the Holidays

The holidays are a time of excitement for students and parents, but can also cause a lot of stress! Here are some tips to help calm ourselves when feeling anxious.

1. Breathe: There are many different types of breathing to practice; square breathing, five finger breathing, or a simple 4-8 breath.(Inhale for 4 seconds, exhale for 8). Pick one and practice to help relieve stress.
2. Practice gratitude: Practicing gratitude can help us recenter and focus on the things that are important and make us feel happier. Try naming 3 things everyday that you are grateful for and why.
3. Move your body: Exercise is a great natural stress reliever! Try taking a walk, going for a run, or doing some yoga to help relieve stress.

October Buddy Activity

This month, our character trait of the month was responsibility. Students assembled in the gym to reflect on responsibility as well as kick off our next trait of the month for November, gratitude. Students were paired with their buddies and played a whole school game.

Bags In Backpacks

Did you know that through a partnership with Family Sharing, St. John offers a free grab and go backpack full of food that students can take home over the weekend? Please email Mrs. Burkhalter at jburkhalter@stjohn23rd.school if you would like to sign up.

Contact Info

Email: jburkhalter@stjohn23rd.school