

Sacred Heart COUNSELOR'S



Doris Adames

Hi Everyone, I am so happy to be back at Sacred Heart School again! I hope my smile shows it! I missed students, staff and parents' smiling faces so much. In case you haven't heard, I was married last February and my new name is Mrs. Adames. It's taking some getting used to and I still refer to myself as Mrs. Garza sometimes! :)

This year I will be on campus on Wednesdays and Thursdays. I visit all classrooms each week for a lesson incorporating social and emotional skills to improve learning and success in the classroom as well as friendships and self-regulation.

In Pre-K 3 and 4 I am using the Kimochis program and in K-5th the Second Step program. You can find more info on-line at kimochis.com (free resources for parents!) and secondstep.org.

Catholic School CORNER

My Classroom Schedule:

Wednesday

8:10 Ms. Bernhardt (4K)

8:45 Ms. Rodriguez (4K)

9:20 Ms. Berg (3K)

10:00 Mr. Castillo (3rd)

10:40 Ms. Lucas (1st)

Thursday

10:00 Ms. Cardona (2nd)

10:35 Mr. Castillo (4/5th)

12:00 Ms. Zamora (K)

12:30 Ms. Burrows (K)

When I am not in a classroom I am available for small group or individual counseling by referral. Referrals can come from teachers, principal or parents. With Covid 19 protocols in place I am still able to provide these services. I am hoping to work out parent information sessions soon similar to Coffee with the Counselor which I had last year.

Parents are always welcome to contact me with questions or concerns:
doris.garza@shsfloresville.org
School office: 830-393-2117



CHARACTER TRAIT FOR SEPTEMBER:

RESPECT

-Are you respectful?

***-Do you treat others the way you want
to be treated?***

-Are you polite and courteous?

***-Do you treat others well even if they
look, act, or believe differently than you
do?***

***-Do you solve disagreements
peacefully?***

This year I would like to emphasize each month a character trait using the 6 pillars of character presented in Character Counts, a program used in schools and communities across the country. I like to start with RESPECT because I believe this pillar is the main support for all the others.

**A Prayer for the New
School Year**

- God, we pray for all who enter this place. We ask that this school be surrounded by Your presence.
- God, we pray that all who enter here feel welcome, loved, and feel a sense of true belonging and acceptance.
- We pray for a hedge of protection around this place and for everyone to feel safe here.
- We pray that the staff be treated with gratitude and respect by all who enter.
- Help students show kindness to those they pass in the hallways, offering their assistance and friendship to those in need.
- We pray for godly friendships to form and for each student in each class to feel a true sense of belonging in their class.
- We pray there would be a strong representation of Christ's love in each classroom.

AMEN

Peace to you,

Doris Adames

