

SACRED HEART SCHOOL COUNSELOR'S CORNER

November, 2020



Doris Adames

Hi Everyone, 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. (Find my classroom schedule on the next page.)

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

November 13 is World Kindness Day!
How can you help your child show kindness that day and every day?



**CHARACTER TRAIT FOR NOVEMBER
and DECEMBER:**

CARING

- *Are you kind with your words and actions?*
- *Do you help others?*
- *Do you think about other people's feelings and needs?*
- *Are you thankful for what others do for you?*

Parenting Tips:

2. Catch Kids Being Good Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much

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negative guidance, even if it was well intentioned?

The more effective approach is to catch kids doing something right: "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scoldings.

Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

(from "Nine Steps to More Effective Parenting" on kidshealth.org)

A Prayer for November

Dear Lord,

I thank you for the blessings in my life. I thank you for my family. I thank you for my home, a warm roof over my head, and plenty of food to eat.

I thank you for all the things You give to me

Even the ones I haven't thought of.
Thank you for my blessings, God.

Amen.

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)

You can find more info on-line about the programs I use. kimochis.com (free resources for parents!) and secondstep.org.

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.

Peace to you,

Doris Adames

Please see the next page for some helpful resources if you or someone you know may be struggling during the Covid 19 pandemic.

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Do you need help during COVID-19?

Worried about housing?



Rental/Mortgage Assistance

COVID-19 Emergency Housing Assistance Program
210-207-5910
bit.ly/2RZLY3h



Homeless Hotline

210-207-1799
Homelessoutreach@sanantonio.gov

Need help paying bills or filing a tax return?



Financial Empowerment Centers

Free One-on-One Financial Counseling
210-431-4425
sanantoniofec.org



DHS Utility Assistance

210-207-7830
bit.ly/3ao7V2o



Unemployment Benefits

800-939-6631
twc.state.tx.us/



Income Tax Preparation Assistance

Volunteer Income Tax Assistance Program
210-207-1711

Need help finding food?



Emergency Food Assistance

210-431-8326
SaFoodBank.org

Need a doctor or test for COVID-19?



Testing

210-207-5779
COVID-19@sanantonio.gov



Prescription Assistance

Call 2-1-1



Mental Health Support

833-986-1919
24 hours a day, 7 days a week

Need help finding childcare?



Emergency Child Care for Essential Workers

Call 2-1-1

Not safe at home?



Domestic Violence Crisis Hotline

210-733-8810 or 800-799-7233

Additional Information



Available City Services

Call 3-1-1 or 2-1-1
SACRD.org



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@COSAGOV on Facebook, Twitter, & Instagram
For Up to Date Information



SMS Text COVID-19 Updates

Text COSAGOV to 55000
For Up to Date Information