

# SACRED HEART SCHOOL COUNSELOR'S CORNER

February, 2021



**Doris Adames**

Hi Everyone, this semester I will be on campus on Tuesdays and Wednesdays. 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](mailto:doris.garza@shsfloresville.org)  
School office: 830-393-2117

January 31- February 6 is  
Catholic Schools Week!  
Let your friends and family know  
why you send your children to a  
Catholic school.

[Social Skills Resources for Parents](#)  
Please check out this link for great  
resources!

## A Prayer for Catholic Schools Week

Almighty Father, You sent forth your Son as a beacon of hope for all people. As Teacher, he has given us the prime example of the importance of education. As disciples, we look to him for inspiration and strength.

Thank you for the many sisters, brothers, priests, and laypeople who have dedicated their lives in service to our Catholic schools.

Thank you for the teachers and administrators who sustain our schools today.

Thank you for the parents who have given support and witness to the importance of Catholic education in their daily lives.

Thank you for the students who work hard to further their education.

Bless Sacred Heart School and the many people who advance our mission. May our building be a home for those who seek to grow in faith, knowledge, and service of others. May our community always support one another and exhibit hospitality to newcomers. AMEN.

Sacred Heart of Jesus, we trust in you!

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## **CHARACTER TRAIT FOR February:**

### **TRUSTWORTHINESS**

*Are you trustworthy?*

- *Are you honest in your words and actions?*
- *Do you keep your promises?*
- *Do you stand up for your beliefs and do what is right?*
- *Are you a good friend?*

## **Parenting Tips:**

### **4. Make Time for Your Kids**

It's often difficult for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren't getting the

attention they want from their parents often act out or misbehave because they're sure to be noticed that way.

Many parents find it rewarding to schedule together time with their kids. Create a "special night" each week to be together and let your kids help decide how to spend the time. Look for other ways to connect — put a note or something special in your kid's lunchbox.

Adolescents seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games, and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don't feel guilty if you're a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember. (from "Nine Steps to More Effective Parenting" on [kidshealth.org](http://kidshealth.org))

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## My Classroom Schedule:

### Tuesday

10:00 Ms. Cardona (2nd)  
10:35 Mr. Castillo (4/5th)  
12:00 Ms. Zamora (K)  
12:30 Ms. Burrows (K)

### Wednesday

8:10 Ms. Contreras (4K)  
8:45 Ms. Rodriguez (4K)  
9:20 Ms. Berg (3K)  
10:00 Mr. Castillo (3rd)  
10:40 Ms. Lucas (1st)

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

## [Social Skills Resources for Parents](#)

Please check out this link for great resources!