

# SACRED HEART SCHOOL COUNSELOR'S CORNER

October, 2021



October is National Bullying Awareness and Prevention Month. The Archdiocese will honor this with our 5th annual **Solidarity Day** on Tuesday, October 5 as we come together with a message of hope to show that we are united against bullying and committed to kindness, compassion, caring and respect. Wear **orange** to share the message!

## Doris Adames

Hi Everyone, 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

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

Please check out this link for great resources!



### CHARACTER TRAITS:

*Trustworthiness*

*Respect*

*Responsibility*

*Fairness*

*Caring*

*Citizenship*

That's Te**R**RiFiCC!  
Our character trait for October is  
**RESPECT**

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### **THINK POSITIVE !**

“Positive thinking is a psychological framework for embracing optimism that has gained attention in recent years. [Research](#) suggests that a positive mindset lowers stress and boosts immunity, and that those who practice positive thinking strategies experience increased joy. There are [books](#) and [graduate programs](#) devoted to the science behind it, and really, it just feels good to find hope in challenging situations.

Still, humans naturally experience a range of emotions, so when we face fears, mistakes, or other tricky situations it can be understandable to slip into thinking patterns that may include negative self-talk. [Dr. Clifford Lazarus](#) explains that, “Self-talk, for an unfortunately large number of people, consists of telling themselves what’s wrong with them. They often repeat such statements as, *I’m stupid, I’m selfish, I sound like a fool*, (etc.).” And while owning up to one’s mistakes is an important skill for both adults and students, Dr. Lazarus explains that this kind of depreciating language can lead to long term depression or anxiety. With a little practice and effort, however, he adds that, “Happily, the converse is also true [and] positive self-talk will tend to achieve desirable outcomes and

generate good feelings.” “  
[source:Centervention.com]

There are many strategies for helping students shift negative thinking through [practicing positive self talk](#) and our guidance programs at Sacred Heart School emphasize self talk as one of the 4 learning skills so important to success in school.

### **My Classroom Schedule**

#### **Tuesday**

12:30 3rd grade  
1:10 1st grade  
2:00 2nd grade

#### **Wednesday**

9:00 4K (Contreras)  
9:30 3K  
10:00 4K (Flores)  
10:30 K



Sacred Heart of Jesus, I trust in you!

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