

February Newsletter



BLESSED SACRAMENT
CATHOLIC SCHOOL

Welcome to the Counselor's Corner!

What You Missed!

We held our 1st ever Coffee Chat on Thursday February 8th.

In our Coffee Chat, parents were able to explore our counselor space and get to know their respective counselor.

We also provided a [School Counselor Brochure](#) which highlighted general school counseling information.

Due to the positive feedback that we have received, we will be hosting monthly Coffee Chats!

Our next Coffee Chat will be Friday March 22nd, 2024.

Location: Building A, 2nd Floor

Times: [8:30am-9:30am](#) or [2:30pm-3:30pm](#)

We ask that no more than 1 adult per family RSVP due to limited seating.

Please sign up early as we will be closing the registration form after 30 participants.

(15 for Morning Group & 15 for Afternoon Group)

Crucial C's

Last month we highlighted in our newsletter that we would begin a segment explaining the Crucial C's: Courage, Connect, Capable, & Count. Why are the Crucial C's important? They form an optimistic foundation for our children to flourish not only in their emotional healing but in their personal & academic growth. This month we will dive into Courage.

See next page.

March Coffee Chat

RSVP Here:

8:30am - <https://forms.gle/F9kmnBP1FpapTjmC8>

2:30pm - <https://forms.gle/AUx9wWGYJtbpb5pM7>



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Courage

Children need courage—the willingness to face life's tasks & take risks even when they do not know if they can succeed.

Children with courage feel hopeful. They are willing to take risks & believe they can handle challenging situations. They are resilient.

Children who do not have courage feel inferior to others & inadequate. They do not take risks & tend to give up without trying. They frequently avoid challenges.

So, how do we encourage them to have courage?

- Show your kids that it is okay to make mistakes. For example, if you drop a glass, you just calmly say, "Damn it" & clean it up. No fuss, no muss—it is okay to make mistakes!
- Point out their strengths. If your child makes their bed, you might say, "Thanks for making your bed."
- Highlight effort. For example, you could say, "You are working really hard at that."
- Stress improvement. For instance, if yesterday your daughter struggled with riding her bike & today was able to balance & peddle for 1/2 a block, you could say, "You stayed up.. & yesterday you thought you couldn't do that."
- Highlight when your children are willing to take risks. For example, if yesterday, your son refused to go to school & today he went without any fuss, you could say, "Wow! You went to school willingly."
- Even if your children are avoiding new experiences & places, encourage them to try. If necessary, you can go with them to give support.
- Ask your children about things that interest them & listen to them.
- 3X a week, spend 10 minutes with each of your children doing activities they choose.
- Avoid doing things for your children that they can do for themselves. For instance, if they know how to dress themselves, let them, even if it takes longer than you like. Allow extra time if needed.



Have Questions?

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March Coffee Chat

This will be an opportunity for parents to learn about our first Crucial C: Courage. We will expand on Courage and provide strategies, tools and techniques on how to build a Calming Corner at home.

Date

Friday, March 22nd, 2024

Location

Building A, 2nd Floor

Time (2 options to choose from)

RSVP by Clicking on Preferred Timeframe

8:30am-9:30am or 2:30pm-3:30pm