

Counselor's Corner

Resurrection Catholic School | February 2025



IN THE CLASSROOM

FEBRUARY CLASSROOM LESSONS:

Peer Helpers visit K-5 Classes this month!

- K-1st: Intro. to Community Helpers
- 2nd: Community Helpers Work together
- 3rd: Community Helpers daily tasks
- 4th: Career Awareness
- 5th: Exploring various career clusters and interests



SELF-ESTEEM READING RECOMMENDATIONS

- *Dear Girl* by Amy Krouse Rosenthal & Paris Rosenthal
- *Dear Boy* by Paris Rosenthal & Jason B. Rosenthal
- *Chrysanthemum* by Kevin Henkes
- *I Am Enough* by Grace Byers
- *Confidence Is My Superpower* by Alicia Ortego
- *Incredible You!* by Dr. Wayne W. Dyer with Kristina Tracy

HIGHLIGHT OF THE MONTH

FEBRUARY IS INTERNATIONAL BOOST SELF-ESTEEM MONTH!

Self-esteem is crucial to children's academic achievements, participation, engagement in activities, social relationships, and, ultimately, their sense of well-being

WAYS TO HELP YOUR CHILD BOOST THEIR SELF-ESTEEM:

Encourage a growth mindset



Teach positive self-talk



Celebrate diversity & uniqueness



Give specific positive feedback



Teach and discuss resilience



Remind them of their strengths




Encourage your child to find their passions



Encourage independence and risk taking

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

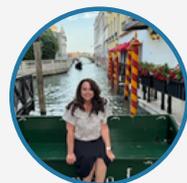
WAYS TO CELEBRATE BLACK HISTORY MONTH

- Ideas to celebrate Black History Month with your child - click [HERE](#)
- Read books with your child to Celebrate Black Culture - click [HERE](#)



SCHOOL COUNSELOR

Mrs. Dawn Stefano



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- [Counselor Corner Website](#)
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