



## Welcome to Counselor's Corner @ ECS

### Latest news and updates from Mrs. Rey and Mrs. Millan

I would like to welcome everyone back. The month of September and October surely flew by quickly and our students definitely are working hard on being Responsible and being Kind.

During the month of October we had a school wide Kindness Challenge and a No Complaining Challenge. The classrooms really enjoyed doing this. One of my favorite activities that I do with the students during this month is that I give each student a small sheet of paper that my helpers tape on the students backs. The students have an opportunity to write a compliment about each other. This activity is great in promoting positive interactions. The students also learned about Bullying. How to recognize it, report it and stop it! I call it the STOP < WALK < TALK!

As we transition into November the focus will be on Gratitude. We will be exploring the role that caring plays in relationships and life successes. We will practice the importance of Small Acts of Kindness.

Parents during November a great idea is to do a Daily Gratitude List or implement a Gratitude Jar in your kitchen. Every day including mom and dad, must write something they are grateful for and put it inside the jar. The day of Thanksgiving you pick someone in the family to open the jar and read the comments out loud! This is a great family booster!

As part of our middle school activities this month the students will be identifying what is “Gratitude” The word “Gratitude “ is written on the board and I have students close their eyes and reflect for minute about what comes to mind when they hear that word. As we discuss these reflections we are able to share as a group that “Gratitude” is the feeling of appreciation we have when we recognize all that is good in our lives. While we all face problems in our lives, making the choice to also notice what is positive in our lives can help us deal with difficult times.

Below we have provided additional tools and strategies for you to practice at home with your children.

Afterschool Conversation Starters:

**Questions to ask your child instead of “How was your day?”**

1. What was the funniest thing that happened today?
2. What was the nicest thing you did for someone else today?
3. What are you grateful for today?
4. Who made you smile today? (My favorite☺)

**5-4-3-2-1**  
MINDFULNESS EXERCISE

5 THINGS YOU CAN **SEE** .....

4 THINGS YOU CAN **HEAR** .....

3 THINGS YOU CAN **FEEL** .....

2 THINGS YOU CAN **SMELL** .....

1 THING YOU CAN **TASTE** .....

**5-4-3-2-1**  
MINDFULNESS EXERCISE

5 THINGS YOU CAN **SEE**

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## Monthly Character-Building Themes

As part of the curriculum, each month we focus on a different Character-Building Theme that stems from the Foundation for Social-Emotional Learning!

September: Responsibility

October: Random Acts of Kindness; Stop/Walk/Talk Approach

November: Gratitude

December: Giving and Hope

January: Self-awareness

February: Friendship

March: Coping Skills and Management

April: Making Healthy Decisions

May: Recap; Bucket List; Moving Forward



### Contact Us:

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