



# Counselling Corner

## December

### St. Teresa Cultural Lunches

Together with our First Nations, Métis, and Inuit Support Team, we have begun to have cultural lunches with our Indigenous students to learn and talk about culture. Throughout November, the students created pouches to keep a grandfather rock and sage. They learned the importance of Indigenous medicines and how to clean sage. The students were surprised to learn that all rocks are grandfather rocks. Grandfather rocks are considered the wisest of Earth's elements, because of all of the stories that they hold. If you would like more information, please contact our school counsellors.

### Family News

Red Deer Child Care Society, the Dawe Recreation Centre, Collicutt Centre, Dance Magic and the YMCA's Northside Community Centre offer **school break camps over the holidays**. Call or visit their websites for more information regarding, dates, hours, age requirements, fees and fee assistance.

We will be offering **Circle of Security**, an evening **parenting series** starting in January 2020. Call Julie at 403-896-0992 for more information.

### Supports During the Holidays

For information regarding mental health, financial and community supports during the holidays check out our post, "Help for the Christmas Blues," or call a community resource specialist at 211.  
[www.rdcrcs.ca/our-division/whats-new/post/help-for-the-christmas-blues2](http://www.rdcrcs.ca/our-division/whats-new/post/help-for-the-christmas-blues2)

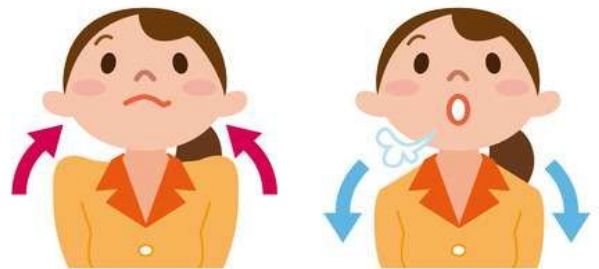
### Mindfulness Matters Afternoon - Day 2

Grade 1 - 5 students enjoyed participating in various Mindfulness sessions on Nov. 20th. We will be offering afternoon sessions throughout the school year to promote Mindfulness strategies that help with regulation. Our next one is scheduled for Jan. 29th.

Some of the sessions offered are: mindful coloring, mindful movement, mindful doodling, prayer, journaling, nature walks, music to calm, talking circles, positive affirmations & progressive muscle relaxation/breathing.

Pre-K/Kindergarten students will take part in these mindfulness sessions in their classrooms with counsellors.

Our November focus was: Deep Breathing & Progressive Muscle Relaxation. Please take a few minutes to ask your child what their favorite Deep Breathing tool is and try a Progressive Muscle Relaxation activity for kids online.



### Counselling Team:

*School Counsellors:*

Mrs. Fleming & Mrs. Lynch

*Family School Enhancement Counsellors:*

Ms. Masson & Mrs. Vickery



# St. Teresa of Avila School: a Mindful Advent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Choose 1 act of kindness to do for the next 25 days.	2 Spend a few extra minutes in prayer today.	3 Complete a secret act of kindness for someone today.	4 If you feel impatient, use belly breathes to help you refocus & calm.	5 Give extra thanks to 3 people today.	6 Create kind messages & leave them as a surprise to brighten someone's day.	7 Spend some time outside in complete silence today listening to the world around you.
8 Try to show extra love to someone who seems unhappy.	9 Take extra time to thank God for at least 3 things, people or memories.	10 Practice belly breathing 3 times today. Notice how your body relaxes.	11 Make a special effort to be kind to those you may find hard to like.	12 Ask Mary to help you make room for Jesus in your heart.	13 Drink at least 8 cups of water today...not juice or pop.	14 Shovel or sweep a neighbours walk way.
15 Tell 3 people how they bring joy into your life	16 Try extra hard to not complain today, even if you must do things you do not want to.	17 Next time you are on the bus or in the car take time to think about 3 things you are excited about.	18 Do a chore around the house without being asked to help everyone rest after a long day.	19 Allow 2 people ahead of you in line today.	20 Give a smile to everyone you meet today.	21 Tell a joke to a friend or family member
22 Offer thanks to God for all he gives to you.	23 Offer to say grace today OR thank the person who says it for you.	24 Welcome Jesus with great love and offer him all of the good things you have done during Advent.	25 Merry Christmas!	<h1>Advent Challenge 2019</h1>		