



Counselling Corner

January/February

Monday February 24th - St. Teresa Celebrates Pink Shirt Day

On February 24th our school will be celebrating pink t-Shirt day! The original event was organized by David Shepherd and Travis Price, two grade twelve students from Nova Scotia. They bought and distributed 50 pink shirts after they saw a grade nine student being bullied for wearing a pink shirt on the first day of school. They went online to encourage other classmates to wear pink as well. The following day there was a sea of pink everywhere. When the bullied student walked into school the next day he was overwhelmed with the support.

Stand Up, Speak Up & Get Help!

PINK SHIRT DAY
bullying stops here

MindfulNest Room

We are excited to announce that St. Teresa has our very own MindfulNest Room! This is a calm space that is designed for purposely teaching Mindfulness Skills. Mindfulness is important for all individuals as it focuses on being present and is linked to social, emotional and academic success. This space will be used with classes, small groups and one on one. Please ask your child about it!

January Mindfulness Focus:

Positive Affirmations

- Help your child identify their strengths
- Model positive self-talk (I can do this, I am strong, I am enough)

February Mindfulness Focus:

Guided Visualization

- Draw pictures of calming places/activities
- Remind children to think about a calm place when feeling worried and focus on what they hear, smell, see, feel & taste!

MINDFULNESS

Family News



You're invited to the 2nd
**Simple Connections, Stronger Families
Valentine's Carnival**

hosted by **SPARC** red deer

- When:** Tuesday, February 11, 2020
Where: St. Teresa of Avila Elementary School
What: A series of fun activities and snacks designed to help you 'share the love' with your Valentine's throughout the year.
Time: 6:00pm -> 8:00pm

Register via the link texted to all families OR via the paper registration!!

Counselling Team:

School Counsellors:

Mrs. Fleming & Mrs. Lynch

Family School Enhancement Counsellors:

Ms. Masson & Mrs. Vickery

MINDFULNESS