

Counselor's Corner



Resurrection Catholic School | DECEMBER 2024

IN THE CLASSROOM

DECEMBER CLASSROOM LESSONS

- GRADES K-2: EMOTIONS AND HEALTHY CHOICES
- GRADES 3-5: BE KIND TO YOU: POSITIVE THINKING TO PROMOTE WELLNESS
- GRADES 6-8: STRESS AND ANXIETY: MANAGING EMOTIONS, HOW TO NAVIGATE SOCIAL DRAMA AND MAKE HEALTHY CHOICES
- ALL LESSONS ABOVE WILL BE PROVIDED BY MRS. TRICIA LEIGH BEST FROM THE CAMDEN COUNTY EDUCATIONAL SERVICES COMMISSION



SCHOOL COUNSELOR ACTIVITIES

- On Friday, December 6th the Center for Neurodiversity from Rowan University will be presenting to faculty/staff on the topic of neurodiversity in children and how best to support our neurodivergent students.
- You may ask; What is neurodiversity? Here is a quick link with an overview: [Understanding Neurodiversity](#)
- 12/12/24 - CPR & Narcan Training
- 12/13/24 - Helping Others Process the Experience of Suicide Loss (HOPES Program)
- 12/17/24 - SEL Training

HIGHLIGHT OF THE MONTH

DECEMBER IS NATIONAL STRESS-FREE FAMILY HOLIDAYS MONTH

Stress can lead to physical symptoms including headaches, upset stomach, depression, anxiety, elevated blood pressure, chest pain, and problems breathing. It is important to take care of yourself during the holiday season!

Tips to Decrease Holiday Stress:

Take a Breather



Make some time for yourself (exercise, reading, listening to music)

Plan Ahead



Procrastinating can increase stress. Create a list and stick to it!

Create Relaxing Surroundings



Research has found that listening to music & the scent of citrus can boost feelings of well-being

Learn to Say No



Taking on too much can cause us to feel overwhelmed

RESOURCES

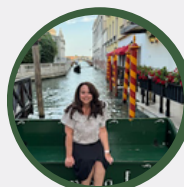
TIPS FOR PARENTS/GUARDIANS:

- 10 Tips for Helping Kids Have a Great Holiday - click [HERE](#)
- How to Make Holidays Kid Friendly - click [HERE](#)
- 4 Mindful Tips to Destress This Holiday Season - click [HERE](#)



SCHOOL COUNSELOR

Mrs. Dawn Stefano M.A.



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- 🌐 [Resurrection School Website](#)
- 📅 [Schedule: M-F \(8:30-3:00\)](#)
- 📞 (856) 667-3034 ext. 255