

COUNSELOR'S CORNER

DECEMBER

Email: sjackson@bcbe.org
Phone: 251-626-9751 Ext:53009

A Peek at the Month

- Gratitude
 - Have your child share a note of gratitude.
- Growth Mindset
 - Learning from mistakes

Mark your Calendar

- December 8th-Holiday Pictures and Sonic Spirit Night
- December 18th-No School Teacher Workday
- December 22nd-January 4th- No School

A NOTE FROM YOUR COUNSELOR

Happy December! As we are in the midst of the holiday season, COVID continues to disrupt our normal plans. This can cause us to struggle as adults, but it also can cause anxiety and depression in our children. Approximately 5% of children and adolescents suffer from depression. If one or more of the following signs of depression persist, parents should seek help from a qualified professional:

- Frequent sadness, hopelessness, tearfulness, crying
- Decreased interest in activities
- Social isolation, poor communication
- Low self esteem and guilt
- Persistent boredom; low energy
- Poor concentration
- Frequent complaints of physical illnesses (i.e. headaches and stomachaches)

(American Academy of Child & Adolescent Psychiatry, 2013)

Students of the Week

Kinder: Bennet I., David J., McKenna W., Blakely D

1st: Hudson B., Madeleine L., Wyatt B.

2nd: Jake W., Azaria W., Eirere J.

3rd: Ryan H., Hadley R., Frikk S.

4th: Gracie B., Camille W., Sebastian P., Melody D.

5th: Keaton B., Matejo I., Owen D.

Counselor Tip

Nature Therapy

Although the weather is cold, encourage your children to play outside. Research has shown the following benefits of contact with nature for children:

- Reduces impulsivity
- Stress reduction
- Stimulates imagination and creativity
- Reduces depression
- Increases self-esteem
- Improves coping skills
- Improves the attention of children with ADHD symptoms
- Has a calming effect on children with ADHD