



## COUNSELOR'S CORNER



St. Leo the Great  
Catholic School

February 2012

### Take Time to Show Your Love

Nothing feels better than saying those little words, "I love you," to your child. Sometimes, you may also try to get your message across by showing, rather than telling, your kids that you care. Here are some fun and disarming ways to sneak in your feelings:

Play with your child. ♥ Cuddle up under a blanket and allow your child to choose what to watch. ♥ Take a walk together. ♥ Send an encouraging note in your child's lunch. ♥ Cook something together. ♥ Talk in the car on the way to school. ♥ Develop a secret word or gesture that only the two of you know the meaning of. ♥ Take your child out to lunch, just the two of you. ♥ Tuck your child into bed each night. ♥ Read books with your child.



National School Counseling Week  
February 6-10, 2012



According to the American School Counselor Association (ASCA), "school counselors are vital members of the education team. They help all students in the areas of academic achievement, personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow." The theme for 2012 is "School Counselors: Helping Students Be Brilliant" and is designed to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

The mission of the St. Clement School Counseling program is to provide a comprehensive, developmental, and student-focused kindergarten through eighth grade (K-8) curriculum to address the spiritual, academic, career, and personal/social needs of all students. In collaboration with parents, teachers, and community members, the Catholic school counselor will facilitate a positive, supportive and culturally sensitive program that will challenge each child to achieve his or her full potential in a safe, healthy, and nurturing Catholic school environment.

## February is CITIZENSHIP Month

### Family Citizenship

- Identify at least one cause or need in your community and volunteer to help. Be sure to let your child know why you think it is important and how you are trying to help with it.
- Find and share success stories with your child. It is easy to be overwhelmed by problems. But even kids can make a difference. Talk about the importance of joining forces. Encourage your child to involve other kids in tackling big projects such as creek or playground clean up.
- Model responsible behavior from being involved in the community to turning off the lights and appliances when not in use. Recycle.
- Reduce consumption of goods. Do not buy items in excess.
- Volunteer to help a group at your child's school to beautify the grounds.
- Be aware of government officials at the local, state and national levels. Encourage your children to write them of their concerns and at the same time, write your own notes to them.
- Most importantly, remember to choose activities that you feel involved with and not just compelled to pick just something, as parental emotion is something children pick up on.
- Vote! Take your children with you so they can see you participating.



### How to be a Good Citizen

- Do your share to make your school, your community, and the world a better place.
- Take responsibility for what goes on around you.
- Participate in community service.
- Help take care of the environment.
- Be a good neighbor.
- Treat other people with respect and dignity.
- Follow the rules of your family, your school, and your society.

### Encouraging Citizenship

- Have a family discussion about what things you can do together to take more responsibility for the environment (recycling, using less water and energy, buying non-polluting products, etc.). Make a plan and do it.
- Participate in a community service project with your children.
- Watch a television program together, and talk about ways in which the characters were either good citizens or bad citizens.
- When you do things that demonstrate good citizenship, be sure to point it out to your child. Your child will learn a lot from watching what you do.

### Contact Information

Ann Polan, MA, NCC  
School Counselor  
St. Clement of Rome Catholic School  
314-822-1903  
apolan@stclementschoo.com