

COUNSELOR NEWSLETTER

Cedar Hill Elementary



MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, and the topic seems fitting for our current times. With all of the uncertainty in the world, it is even more important to put our family's mental health as a top priority. Here are some activity ideas that can help foster the mental health of all family members:

- Eat meals together
- Plant a garden together
- Read the same book as a family
- Go for a family hike, walk, bike ride, etc.
- Keep a family journal
- Designate a "no screen time" for all family members
- Have a family movie night
- Make a craft together
- Start a family photo album (can be digital)

As a parent, we need to make sure we are also taking care of ourselves. We always want the best for our kids, which is what makes us good parents. Remember we cannot pour from an empty cup!

Stay tuned this month for more topics on mental health!

Teacher Appreciation Week
May 4-8



I am also available to schedule appointments via phone, Zoom, or Google Meet with parent consent.

COUNSELOR CONTACT INFORMATION

Email: jessica.engler@jcschools.us

Website: [Cedar Hill School Counselor](#)

Phone: (636) 789-1759

Available Mondays-Fridays

12PM-1:30PM

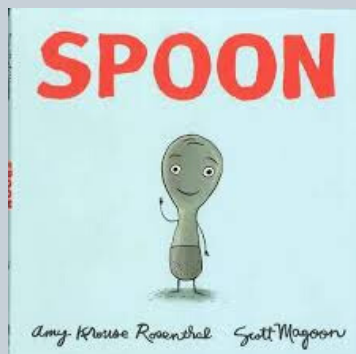


Book of the Week:

"Spoon" by Amy Krouse

Rosenthal








Click the title for a link to the read-aloud!



Activity of the week:

Virtual FEELINGS SCAVENGER HUNT

Self-Awareness Edition

- ☐ Something that makes you feel happy 
- ☐ Something that you are proud of 
- ☐ Something you like to do when feeling silly 
- ☐ Something that reminds you of someone who makes you feel loved 
- ☐ Something you do or use to calm down when feeling mad 
- ☐ Something that tells about a time you were brave 
- ☐ Something or someone that you feel grateful for 

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Quotes of the week:

SELF CARE IS
HOW YOU TAKE
YOUR POWER
BACK

IT'S OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF

