

January 8<sup>th</sup>, 2020

Dear MCS Families,

I hope that everyone had a wonderful holiday and is getting back into the swing of things. I cannot believe a whole semester has gone by. I am truly thankful for all your continued support and encouragement from both you and your children as I continue to learn the ropes as a school counselor.

During the month of November, our younger grades (K-2) focused on tattling and identifying how big a problem really is. Our older students (3-8) focused on role models and just how important those we can look up to really are. These students did a great job of identifying those they look up to and I am so proud of them.

During the month of December, our younger students (K-1) focused on how they could bring joy to others during the holiday season. This included not being too selfish and coming up with ideas such as helping mom and dad put up decorations and giving toys to charity. Grades 2-5 focused on mindfulness, which included thinking about the things that “warmed their heart” like a cup of hot chocolate. Once they thought of these things, they wrote on paper marshmallows what brought them joy and glued them to a paper cup of hot chocolate. Grade 6-8 also focused on mindfulness and different strategies that could be used whenever they get stressed, such as a full body scan (moving all parts of the body up and down).

I want to give a big THANK YOU to all of you who helped contribute to the Catholic Charities Adopt-a-Family Christmas project. It took a whole bus to deliver the presents, and in total we almost had 300 gifts wrapped and delivered to Catholic Charities! I am truly grateful to be working at a school with people who have such big hearts.

Military lunch will resume in February. If you have a child who would like to take part in military lunch, I will give them a permission slip and send it home for you to sign.

Here's to a successful 3<sup>rd</sup> quarter! Do not hesitate to reach out to me at [jrook@manhattancatholicschools.org](mailto:jrook@manhattancatholicschools.org) or here at MCS at (785)565-5050 with any questions regarding your child. My door is always open!

Sincerely,

Jenna Rook

School Counselor

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(785)565-5050

November-Tattling (K-2), Role Models (3-8)

December-Spreading Joy (K-2), Mindfulness (K-8)

January-Behaviors (K-2), Goal Setting (3-8)

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