

Counselor's Corner



RESURRECTION CATHOLIC SCHOOL | MARCH 2025

IN THE CLASSROOM

MARCH CLASSROOM LESSONS:

- K: Clark The Shark (Self-Control)
- 1st: Too Much Tattling At Pickle Mountain School (Tattling vs. Reporting)
- 2nd: My Brilliant Resilient Mind (Positive Self Talk)
- 3rd: Conflict Resolution (I Messages)
- 4th: Mr. Peabody's Apples (Rumors/Gossip)
- 5th: The Do Over (Conflict Resolution)



SCHOOL COUNSELOR ACTIVITIES: FEBRUARY PEER HELPING



HIGHLIGHT OF THE MONTH

MARCH IS NATIONAL NUTRITION AWARENESS MONTH!

Recent studies have demonstrated that nutrition affects students' thinking skills, behavior, and health, all factors that impact academic performance.

PARENT TIPS FOR INCREASING HEALTHY EATING:

BE A ROLE MODEL

Show your kids how to eat healthy. Your children are watching. They will follow your lead



MAKE HEALTHY FOODS AVAILABLE

Stock your kitchen with healthy foods. If you don't buy unhealthy food, your kids won't eat it at home



INVOLVE YOUR KIDS

Take your child to the grocery store with you and have them pick out healthy foods



MAKE HEALTHY FOOD VISIBLE

Put healthy foods where they are easy to see and access



EAT TOGETHER

Kids who eat meals with their family are more likely to eat fruits, veggies, and other healthy foods



EAT A HEALTHY BREAKFAST

Good choices are oatmeal or whole-grain cereal, fruit, and low-fat milk. **Avoid foods high in sugar!**



RESOURCES

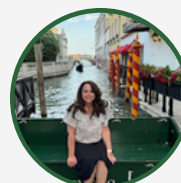
TIPS FOR PARENTS/GUARDIANS:

- Healthy Tips for Active Play: Click [HERE](#)
- Tips for picky eaters: Click [HERE](#)
- March is also a month of recognizing the importance of sleep: Click [HERE](#) for more resources



SCHOOL COUNSELOR

Mrs. Stefano, M.A.



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[Counselor Corner Website](#)

Schedule: M-F 8:30-3:00

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