

# Counselor's Communication

Harding  
Academy

October 2012

## Mrs. Hall's Monthly Newsletter

### Harding Happenings:

I have loved teaching your children about my job as their school counselor. I used a clown costume to help my students understand what a school counselor does. Below are the different parts of the costume and what they help the children remember.

**Clown Wig** – If you ever feel “wiggled out” or find yourself in a “hairy” situation, you can come see the school counselor.

**Big Red Nose** – Your school counselor will not be nosey. A counselor is someone you can trust.

**Clown Horn** – The school counselor will be a great listener for anything that you need to discuss.

**Big Silly Sunglasses** – The counselor will help you “see” the problem differently and help you “see” a solution.

**Clown Tie** – So, if you ever feel “tied” down with a problem or you are just not feeling like yourself, come see the counselor.

Thank you for supporting the counseling program!

### Important Dates:

Monday – Friday, October 1<sup>st</sup> – October 5<sup>th</sup>  
**Fall Break – No School!**

Friday, October 12<sup>th</sup>  
**Harding Academy Homecoming**

**Alyssa Hall**

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### Building SELF-ESTEEM:

People that have healthy self-esteem have pride in themselves. It is important as adults for us to help our children have healthy self-esteem. Here are a few helpful ways to help your child have a good self-image.

- **Appreciate your child.** Tell your child that you appreciate them and why you appreciate them.
- **Encourage and praise your child.** Make sure to praise your child about character building traits and special talents they might have. When encouraging and praising your child, give the glory to God for what he has given them. It will help your child learn humility as well.
- **Teach your child how to handle failure or disappointment.** Everyone needs to be taught that setbacks do not define you as a person. Your child will be able to be more successful in life after learning this life lesson.

### Books that focus on healthy SELF-ESTEEM:

*I Like Myself!* by Karen Beaumont

*Wemberly Worried* by Kevin Henkes

*Elmer* by David McKee

*I'm Gonna Like Me* by Jamie Lee Curtis

*Stand Tall Molly Lou Melon* by Patty Lovell

*You Are Special* by Max Lucado

*A Color of His Own* by Eric Carle

*Incredible You!* by Dr. Wayne W. Dyer

*Spoon* by Amy Krouse Rosenthal

“Your heart will be where your treasure is.” -Luke 12:34

