

M A R C H 2 0 1 4

# School Counseling Newsletter

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## Exercise

Exercise is one of the quickest ways to increase a person's self-esteem. With spring around the corner it is important to get outside and keep active.

Family walks, games of catch, and time spent on the playground are all great ways to increase your child's self-esteem using exercise.

## DID YOU KNOW?

For the safety and well-being of all students, everyone that works in the school is a mandated reporter. This means that we are all required to report suspected child abuse and neglect to the Chester County Youth and Family Services.

## Groups!

### Lunch Groups

Lunch Groups will continue to be run throughout the year. They are open to all and include guidance lessons and fun activities.

### Friendship Group & Changing Families Group

The Changing Families Group will begin this Thursday, March 13 and the Friendship Group will begin Monday, March 17. Each group will run during lunch times for approximately 6 weeks.

### Stretching Group

Permission slips will be sent out later this week. The group will be held Thursday mornings from 8:00 – 8:30 am and will run for about four weeks.

