

School Counselor Newsletter

Monthly News: October

October is Emotional Wellness Month !

6 strategies to improve emotional health:

- Build resilience
- Reduce stress
- Get quality sleep
- Strengthen social connections
- Cope with loss
- Be mindful
- Additional information available at [here](#)



Upcoming Events

October 1: Winter Sport Registration begins

October 5- No School

October 10 - No School

October 12- PSAT for 10th & 11th grade (9th and 12th remote learning)

October 17- No School for students; staff professional development

October 19- PSAT for 9th grade (10th, 11th, 12th grade remote learning)

October 21- Pep Rally

Week of October 24- Norwalk Youth Survey

October 31- 2 Hour Early Dismissal; staff professional development








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10 Ways to Build Self-Esteem



1. Identify your **needs, wants & hopes**. And make **choices** that move you closer to them...not farther away.
2. Stand up **TALL**. Literally. Good posture improves **confidence**.
3. Focus on your **EFFORT** and view challenges & mistakes as opportunities to learn and grow. 
4. Talk to yourself like you would to a good friend, with kindness,  compassion & a good sense of humor.
5. **CREATE. BUILD. Make art**. Follow your curiosities....Do more of what helps you to feel more like amazing, lovable, grounded **YOU**. 
6. **Unplug**. Go outside. Breathe. And **listen** to the birds, breeze & wise voice within.
7. Decide what is okay and not okay with you. Then hold your **BOUNDARIES** and stay true to your values. 
8. **Connect** with others. And spend time with people who treat you the way you want to be treated.
9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.
10. Laugh. **PLAY**. Have fun. **Dance**. Get silly. 

Mental Health Resources

- **Crisis Text Line** - Text "HOME" to 741741 for free, 24/7 crisis support
- **Kids in Crisis 24 hour helpline** - (203) 661-1911

