

Jim Stone Elementary School
Counselor's Corner
December 2017

4255 College Ave. Conway, AR
(501) 450-4808
Go to conwayschools.org and click
on schools to find our website.



CARING

How do I contact Mrs. Haynes?

If you need me for any reason, please feel free to email, call, or stop by and make an appointment to see me.

Raven Haynes, School Counselor
Email: haynesr@conwayschools.net
Phone: (501) 450-4808



Caring

*Caring is displaying kindness and concern for others

*Ways to show caring without spending a dime:

- Create a hand-made card and leave a thoughtful note
- Notice when they do something that might have been challenging and applaud their efforts
- Surprise them in some way with something you know they'll enjoy
- Give an uncomfortably long hug
- Simply say, "I really care about you, and I wanted you to know."

10 Tips for Reducing Stress

Although this time of year can be filled with many fun events, it can also be stressful and it's even more important to practice good self-care.

The following ten tips may help you manage your stress during this busy season:

1. Exercise
2. Get enough sleep
3. Eat healthy foods
4. Talk about your problems
5. Keep a journal
6. Break large tasks into small steps
7. Practice taking, slow deep breaths
8. Avoid negative people
9. Don't over commit
10. Think happy thoughts

Resources for School Success...

School Family Website <http://www.schoolfamily.com/>

Helping your child Succeed in School <http://www.pbs.org/parents/goingtoschool/index.html>

Helping your child Understand and Master Anger

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>

Conway Public School District www.conwaypublicschools.org