

# THE HEALTHY PATRIOT



## DECEMBER GIFT CARD DRIVE

Every year the Counseling Department does a **gift card drive for GWA families in need**. We are grateful for gift card donations of any kind but we are especially looking for gift cards for **clothing, groceries, gas, and toys**.

If you would like to donate, simply drop the gift cards off during school hours, at the front office and let our front office staff know they are for the Counseling Department.

**Thank you in advance for your generous donations!**

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# IS YOUR CHILD STRESSED?

Significant changes, like their parents' separation or divorce, moving, changing schools, a new baby, a parents' re-marriage, and/or death or illness in the family can leave kids experiencing stress that is hard to overcome.

Stress in children looks differently depending on their age and level of development. Young children may have a hard time staying asleep, wet the bed, cry frequently, or become clingy with one or both of their parents. Signs of stress in older children may appear differently such as in headaches, stomachaches, feelings of loneliness, isolating from others, acting out at school, decreasing grades, and difficulty concentrating.

Stress affects every person differently, so while you should take these signs into account, always remember who your child is when they are at their best. If something feels off about their personality, stress could be getting to them.

If you notice that your child can't seem to shake their stress, consider speaking with a counselor or a therapist. It's possible that both you and your child could benefit from speaking to an expert who can offer guidance to help lower your stress levels. Don't hesitate to get yourself and your child the support you could use to reduce stress in your lives.

Because children are affected by their parents' stress, it's important for parents to do what they can to reduce their own stress in order to also reduce stress in their child. Understanding the signs of stress in kids of different ages and utilizing healthy strategies for minimizing these effects will help your child, as well as yourself, move forward with more success.



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*Be present in  
all things, and  
grateful for all  
things.*

*-Maya Angelou*

## VALUE OF THE MONTH

# Gratitude

**GRATITUDE** means choosing to notice and appreciate things in our life, things in other people, and things in the world.

Click on the links below for activities you can do at home, to review the value of **GRATITUDE**, with your family:

[K-2 Letter for Home](#)

[3-5 Letter for Home](#)

# GWA COUNSELING TEAM

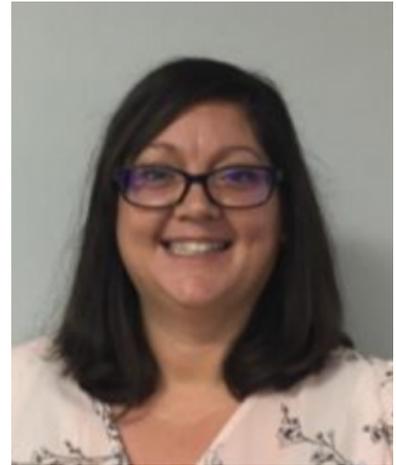
## We're excited to welcome Kristine Staples to our counseling team!

Mrs. Staples is a wonderful addition to the counseling department. She is a clinical social worker and has a lot of experience working with children in a school setting.

A message from Mrs. Staples:

My name is Kristine Staples CSW, School Counselor. I have lived in St. George and surrounding areas for most of my life. I earned a Bachelor of Science from Utah State University, and a Master of Social Work from the University of Denver. I married a handsome mailman and together we have 3 children. I enjoy spending time with my family traveling, camping, and riding ATVs.

I love butterflies but have a fear of fish. I love working with children and I am excited to be at George Washington Academy.



*Happy Holidays*

FROM GWA'S COUNSELING TEAM



**WE WISH YOU ALL A  
HAPPY, JOYOUS, AND  
PEACEFUL HOLIDAY  
SEASON!**

**LEADER IN ME - DECEMBER 2021**

## *Habit 4: Think Win-Win*



**WHEN I "THINK WIN-WIN"...**

**...I CAN PROBLEM SOLVE; I THINK ABOUT OTHERS' WANTS AND NEEDS TOO; I AM KIND TO OTHERS; AND I THINK OF WAYS EVERYONE CAN BE HAPPY!**

***Watch this video for an example of how important it is to think Win-win.***

***Here's a list of resources your family can use to teach the habit of "Think Win-Win" at home.***