

School Counseling

December 2025 ◀ NEWSLETTER ▶

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Highlights/Updates

A Note from Your School Counselor:

December is a busy month filled with excitement, and sometimes stress. As we wrap up the year, my goal is to help students stay grounded, supported, and successful.

This Month's SEL focus: Kindness and Gratitude
Throughout December, students will learn how to show appreciation through words and actions, understanding how kindness improves school climate, and reflecting on meaningful moments from the year.
Invite your child to share on person they appreciate and why. Then help them express it with a note, email, or drawing.

Calendar

- 3: International Day of Persons with Disabilities
- 9: Early Dismissal
- Dec 20- Jan 6: Winter Break. No school
- Jan 5: Professional Development Day
No school for students

Stay Connected

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BE HAPPY IN THE HOLIDAY SEASON

Maintaining balance during the holiday season can be challenging. Here are some tips to help you prioritize and make time for what's most important.

- ❖ Prioritize self-care by getting enough rest, eating well, and engaging in activities that bring you joy and relaxation.
- ❖ Set reasonable boundaries. It is okay to say no. Leave some room for any unexpected events and avoid rushing during this time.
- ❖ Spend time with loved ones, friends, and colleagues.
- ❖ Practice positive self-talk and reject any unhealthy thoughts that create unnecessary distress.
- ❖ It's okay to take a step back and prioritize your well-being during this busy time. If you need further support or specific strategies, feel free to ask!

