

Counselor's Corner



Presbyterian Christian School Elementary | January 2026

RESPONSIBILITY

Dear Families,

Welcome back! As we begin this new year, our school-wide focus is on Responsibility. We are teaching students that being responsible means "owning" their actions, words, and obligations. It is about understanding that our choices have consequences—both positive and negative. By fostering responsibility now, we help children build the confidence and independence they need to succeed in school and life.

What Responsibility Looks Like at School

We are encouraging students to show responsibility by:

- Thinking before acting: Considering how their words or actions affect others.
- Owning mistakes: Learning to say "I messed up," fixing the error, and moving forward without blaming others.
- Persevering: Sticking with a difficult problem or task until it is finished.
- Reliability: Doing their "job" as a student, such as bringing back library books or completing homework

HIGHLIGHT OF THE MONTH

BUILDING HEALTHY HABITS

Building healthy habits is important for all kids (and adults) as it will positively impact their physical, emotional, and mental health. Children who practice healthy habits are more focused and less likely to develop disease.

Tips for Building Healthy Habits



BE ACTIVE

- Find physical activities that your child enjoys
- Do physical activities as a family – walk, hike, bike ride
- Limit TV, video games, phone, computer time



LIMIT SCREEN TIME

- AAP recommends maximum of 1-2 hrs per day for kids over 5yrs. old
- Too much screen time may have negative affects on: weight, behavior, hyperactivity, anxiety, attention, self-esteem



POSITIVE MINDSET

- Staying positive has a healthy impact on mental and physical health
- Encourage your child to face challenges with optimism and resilience



GET ENOUGH SLEEP

- Children age 5-12yrs: 9-12 hrs.
- Children age 13-19yrs: 8-10 hrs.
- Remove electronics from bedroom or put on do not disturb



HEALTHY DIET

- Eat a balanced diet
- Try to eat 5 servings of veggies and fruits daily
- Eat healthy snacks
- Drink plenty of water

RESOURCES

TIPS FOR PARENTS/GUARDIANS:



- Sleep Strategies for Kids – click [HERE](#)
- 20 Family Fitness Ideas Beyond the Gym – click [HERE](#)
- Free Tools to Build Healthy Diets on MyPlate – click [HERE](#)
- 7 Activities to Help Your Child Build a Positive Mindset – click [HERE](#)

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[Schedule a Meeting](#)

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