

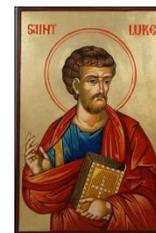


# St. Luke Light

April 15, 2020

*“Do not be afraid! I know you are seeking Jesus the crucified. He is not here, for he has been raised just as he said.”*

MATTHEW 28: 5-6



## Counselor's Corner...

### 6 “RULES OF THUMB” FOR PARENTING DURING COVID-19

The combination of working and supervising children during the COVID-19 pandemic can be quite challenging for parents. Attempts at being 100% present to your children as they learn from home, while also keeping up with work, can lead to stress and family conflicts. Garry Landreth, founder of the Center for Play Therapy at the University of North Texas, offers 6 “Rules of Thumb” to help parents manage such difficult times. Please refer to the handout, *6 of Garry Landreth’s “Rules of Thumb” as Useful Parenting Reminders during COVID-19*, for suggestions.

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### THE ECUMENICAL CENTER FOR EDUCATION, COUNSELING, & HEALTH

The Ecumenical Center is currently offering tele-counseling services at no out-of-pocket costs. All you need is access to a phone. Call 210-616-0885, Monday – Friday, 9am – 5pm, to schedule a wellness conversation.

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### PURPLE UP FOR MILITARY KIDS DAY FRIDAY, APRIL 17<sup>TH</sup>

**Wear purple to show support and thank military youth for their strength and sacrifices. Post your photos on our [Facebook page](#) (no names please!).**

May your families be blessed with peace and strength! We are thinking about and praying for each of you! Please don't hesitate to reach out to us by email if you need support or guidance.

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## Open Door with Administration

Please contact us with any questions, concerns, comments or suggestions. On-going communication with our families is very important to us. Thank you!

Please reach out to us by email:

Mrs. Cover [maryhelen.cover@stlukecatholic.org](mailto:maryhelen.cover@stlukecatholic.org)

Mrs. Buhrman [nadine.buhrman@stlukecatholic.org](mailto:nadine.buhrman@stlukecatholic.org)



## Tuition Assistance-Hope for the Future

Families can apply for tuition assistance during the second round of applications which is now open. Applications must be processed through FACTS. [Click to learn more on how to apply](#). Contact the FACTS Parent Hotline with questions at 1-866-412-4637.

## Online Re-registration 2020-2021 School Year

Many thanks to all of our families who have completed their registration and paid their registration fee. We are honored by your commitment to St. Luke. Completed registrations help us with budgeting and planning for the 2020-2021 school year.

In response to requests from families who have been impacted by Covid-19, we have extended the re-registration deadline to 9:00 pm, April 30. Please email [laura.garza@stlukecatholic.org](mailto:laura.garza@stlukecatholic.org) or [debbie.rodriguez@stlukecatholic.org](mailto:debbie.rodriguez@stlukecatholic.org) if you should have questions on the online re-registration process. We are here for you!

## A Look Ahead...

**Friday, April 24, 2020—School Holiday**



## Loyola University New Orleans Play Therapy Center

### 6 of Garry Landreth's, "Rules of Thumb" as useful parenting reminders during COVID-19

**1) Focus on the donut, not the hole.**

Remember to focus on what is going well and notice it to yourself and out loud to your family! Focusing on what is there (the donut) rather than what is missing (the hole) will help you create a sense of security and comfort for yourself and the family, together. All families have strengths and noticing the strengths in those relationships will help you focus on the donut!

**2) Be a thermostat, not a thermometer.**

When your child becomes escalated, anxious, upset, or even tantrums, try to stay calm. Being the thermostat of the house, allows your child to regulate back to you more quickly. If you find yourself getting escalated, take a break, walk out to the porch, ask another caregiver to take over (if available), or just hide in the bathroom for 5 minutes!

**3) It is not so important what you did, but what you do after what you did that really counts.**

Sometimes, even though we try to be the "thermostat", we just lose our cool and follow the child(ren) into an escalated state. We might find ourselves yelling or even threatening our kids! If this happens, you can fall back on this rule of thumb. Once you calm down, even a few hours later, you can apologize to your child(ren). You can model to your child(ren) how to recover a relationship, when you feel like you broke it, or damaged it. Relationships have ruptures, of course, Being able to recover from a rupture is a healthy coping skill that lasts a lifetime. Rather than beat yourself up for being human, model how to say, "I'm sorry I said that" or, "I am sorry I yelled earlier", will help your children learn the same skill, as well.

**4) If you can't say it in 10 words or less, don't say it!!**

Young children cannot hold attention of long, drawn out, rational explanations of what is happening right now. They mostly want to know they are SAFE. Remember that children do not typically develop abstract thinking skills until the age of 11-13. So, concrete, simple, to the point, honest (but not scary), and short information is best.

**5) Children are great perceivers but poor interpreters.**

"Children are like sponges", how many times have you heard that? And, it is true, they do perceive a lot of what is going on. Including your reactions! Unfortunately, they often do not *interpret* those perceptions, accurately. Using reflective listening skills (stating back what you hear, or see in their play) can help them open up about their interpretations and perceptions. They tend to have egocentric thinking that is highly imaginative and anchored in a fair amount of fantasy. Children can think that they caused a pandemic because of a wish they recall making last month! Because, if you wish the wish with all your heart, it might come true! So, wishing they didn't have to go to school, for instance, might feel like they caused something, that they obviously did not (pandemic). Be aware of the fact that they might be worried about things they are mis-interpreting about this time.

**6) Don't try to teach a child to swim when they're drowning!**

If a child is having a tantrum or difficult behaviors. Try to focus on reflecting the feelings and experiences, rather than teaching, in those moments. You can always circle back to the behavior, choices, or other reasons that things went wrong at another time, when they (and you) are calm. Trying to teach when a child is metaphorically "drowning" will not work. Their computer brain is offline and they cannot process your words. Focus on reflecting feeling, like, "you are so angry right now", or "you are frustrated by the school project and you want me to know that", rather than fixing or teaching in those moments!

Dear Parents:

We hope that you are all doing well during this very difficult time. Given Monday's update that our Distance Learning will continue through May 8, we thought about how we could personally help our school family in our own little way. To make things a little easier during these challenging weeks, we would like to provide an online venue where volunteer 5th to 8th grade students will meet 1st to 8th grade students needing peer support.

- Volunteer will help student navigate through English & Math. It is not meant to replace teacher guidance. It is simply peer support - to try to help with specific difficulties by talking about it with another student from a physical distance.
- This will take place between March 30 to May 7, 2020, (subject to change - will depend on Distance Learning schedule), 4:00-5:00 PM, Mondays & Wednesdays: English, Tuesdays & Thursdays: Math). We will utilize the Zoom app for our virtual meeting rooms. Volunteers & students can pick English or Math or both.
- A volunteer in Math can be a student in English, or vice versa (Requires two separate consents)
- Volunteers will meet online at 4:00 - 5:00 PM on March 27 to discuss details.
- We aim to have 1:1 interactions, but this will depend on the number of volunteers & students. If needed, we may have a few students taking the same class per volunteer. Once a volunteer is done with a session, he may check back in with us to see if there are any more students in the virtual waiting room.
- Since this is online, a supervising adult is needed to randomly check on them.
- Service Hours will be given to volunteers.

Please Note: (1) This Private Peer Support Group is student-led and completely independent from the school and the teachers.

(2) Written Parent's Consent is needed to participate.

If you would like your child to participate, please sign your name at the bottom of this form, date it, and return the form to us @ [lovelybalin@hotmail.com](mailto:lovelybalin@hotmail.com). If you have any questions about this Peer Support Initiative or would like to discuss it further, please feel free to call us at 210-2047586. Once we have the permission slip, we will email you the Zoom Meeting ID & Password along with some instructions.

We are a family, and we will all get through this together! Praying for everyone's safety & good health.  
Matthew & Andrea Abejuela 8th & 5th Grade Students

Parent Permission for Student for Participation in Peer Support Group:

Yes, I agree to have my child, \_\_\_\_\_, participate in the

Peer Support Group as a Volunteer/Student (Circle One) in English/Math (Circle One).

\_\_\_\_\_  
Parent's Printed Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

## ELEMENTARY SCHOOL SPOTLIGHT

## STAYING SAFE, HEALTHY AND ON TRACK AT HOME

### Stop the spread of COVID-19 and do the 5!

1. Wash hands often.
2. Cough into elbow.
3. Don't touch your face.
4. Stay more than 3 ft. apart.
5. Stay home if you feel sick.

If your child is feeling anxious or upset by all the changes that are going on, emphasize that quarantines and social distancing are just precautions to keep everyone healthy, and that all your child needs to do is keep learning and maintain good hygiene practices. **We will get through this together!**

### Get the Most Out of Distance Learning

- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in play and free time.** Allow time for fun and play time, including time when your child decides what he/she would like to do.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher if you have any questions.

### Working from Home?

Here are some free learning resources to help supplement schoolwork schedules while you work.

- [ParentToolkit.com](https://www.parenttoolkit.com)
- [PBSKids.org](https://www.pbskids.org)
- [KhanAcademy.org](https://www.khanacademy.org)
- [Funbrainjr.com](https://www.funbrainjr.com)
- **Poptropica app for iOS and Android**
- **Vocabulary Spelling City app for iOS and Android**
- **Scratch Jr. for app for iOS and Android**