

School Counsellor Newsletter



Aristotle at home - Gratitude, Mindfulness and Soothing Box

Newsletter 1

Medbury is fortunate and excited to be engaged with the Aristotle programme to develop emotional intelligence in our school.

Drawing on our emotional intelligence will have been key for us all as we coped, and hopefully also thrived at times, during Level 4 and Level 3. I have heard many heart warming experiences from teachers as they have continued to engage with wellbeing practices such as gratitude, mindfulness, and supporting others during lockdown. Yet, teachers' ability to continue the specific activities associated with the Aristotle programme has been impacted at this time and so we are grateful that the programme now includes a number of resources specifically designed for students and parents to engage with at home.

This next series of newsletters will share these resources so that your family can use them to complement the delivery of the Aristotle programme at school. These activities are designed for students to do independently, although younger students may need support and you may choose to work through aspects of the tasks with your son, whatever his age. The resources provided for Yr 5-8 students also have an accompanying parent handout to help parents understand the importance of the activity. Each newsletter will contain an introduction to the resources provided by Aristotle as well as links so that you can access these

resources via the school website. If you have any questions please do not hesitate to contact your homeroom teacher or Amos Pilgrim: amos.pilgrim@medbury.school.nz

Aristotle has provided an initial letter to parents to help explain the resources as well as an Emotions Tips sheet for parents. It will be a useful place to start as well as a helpful source of information to return to as needed.

[Letter to parents](#)

[Emotions Tips sheet](#)

This newsletter contains resources for Gratitude, Mindfulness, both for junior and senior students, and developing a Soothing Box for senior students. These topics have been touched on in similar ways in previous newsletters and learning activities at school. The idea of a Soothing Box is to give your child space to sit with any unhelpful emotions they may be experiencing, by connecting with their five senses. If you also have younger children in your family, they would no doubt enjoy helping to create a Soothing Box as well as using it, as long as care is taken with the items you choose to place in the box.

I hope you enjoy engaging with these resource. If you are able to, we would welcome any feedback on your experiences.

Years 1-4:

[Practising Gratitude - Parent](#)

[Practising Mindfulness - Parent](#)

Years 5-8:

[Practising Gratitude - Parent](#)

[Practising Gratitude - Student](#)

[Practising Mindfulness - Parent](#)

[Practising Mindfulness - Student](#)

[Soothing Box - Parent](#)

[Soothing Box - Student](#)



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Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz.