



## Relax and breathe!

Students at St. Stephen are gearing up for stress reduction and relaxation lessons this month.

All grades are practicing different techniques to help them recognize when they are feeling worried, stressed or anxious. After lis-

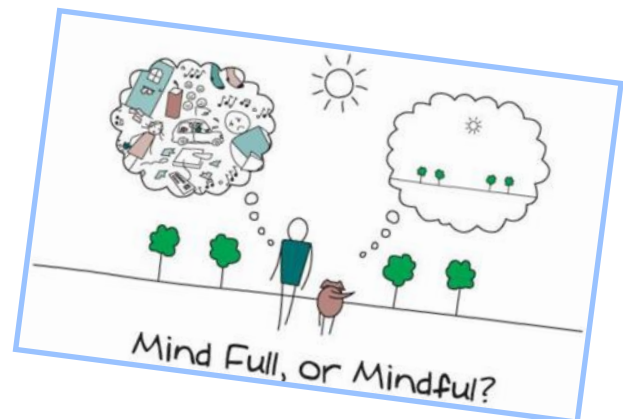
tening to their body cues, students are practicing techniques from progressive muscle relaxation to mindfulness. In our busy world today it can be hard to just stop

and take a break when things get chaotic. Ask your student this month how they are learning to calm their bodies. These techniques work best when they are practiced often. Take time as a family to talk about how everyone likes to relax and practice different ways together! Submitted by:

Mrs. Garvey School Counselor



Come join us  
for Bingo  
Thursday  
February 22  
In the FLC  
Doors Open at  
6:00  
Bingo starts at  
6:30



## MISSION STATEMENT

St. Stephen Catholic School is devoted to inspiring students to achieve their full academic potential while demonstrating a desire to continue Jesus' mission by applying Catholic morals, beliefs, values and practices in their everyday lives. We are committed to motivating students to sustain a lifelong love of learning.