

# Cathedral Elementary

Quarter 1  
2021-2022

## Counseling News!



Kristine Selberg  
School Counselor  
Cathedral and Blessed Sacrament

## Introducing Classroom Do Jos

This year we will be using a tool in our Guidance lessons to encourage positive student behaviors both in and out of the classroom.

Each student is randomly assigned a Dojo character. There are 35 silly Dojo creatures, so generally each student in a homeroom will have a unique character. Students can earn 'Dojo Points' for a variety of positive behaviors both in and out of the classroom.

The target behaviors are fully customizable so that we are able to focus on areas that promote the Aquinas Catholic Schools faith and mission.

For now, we will be using the app to encourage positive behaviors and create a classroom culture of love and respect for one another. We will be using it to reflect on our growth and development as a group while encouraging self-reflection and goal setting as well.

# DOJOS

Doing what Jesus  
would do!



## Guidance Lessons

### Quarter 1

#### Skills for Learning

- Listening and Focusing Attention
- Being Assertive and Building Confidence

#### Empathy

- Identifying and Sharing Feelings
- Predicting and Managing Feelings
- Respecting Differences/Similarities
- Showing Care and Helping Others

## Cathedral School

will be celebrating

## Unity Day

Wednesday October 20!

Don't forget to wear something orange. If you can't find something orange, your red Cathedral T-Shirt is another great alternative.

For more information visit

[www.pacer.org/bullying/nbpm/unity-day.asp](http://www.pacer.org/bullying/nbpm/unity-day.asp)