

Counselor's Corner

St. Laurence Catholic School

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Mrs. Rachel Markum, ECC/Elementary Counselor
Mrs. Linda Schurman, Middle School Counselor

+PlayWell

“The importance of raising our children to “play well,” from playtime to the playground, and from the performance to the playing fields.”

St. Laurence is excited to announce the incorporation of +PlayWell one year after adopting the +Works mindset. +PlayWell is a 21st century-skills approach to embracing the complex challenges presented by our children’s opportunities to play and compete throughout their youth.

Play takes many forms as children grow. Often beginning with siblings at home and in playgroups, a child’s play experience extends to the neighborhood park, then to the school playground, and, for many, membership on competitive athletic, academic, and arts teams. These opportunities can be a great source of growth and a whole lot of fun. In recent years, however, the idea of playing and competing has taken on a new intensity matched by a hyper competitiveness that’s giving parents, educators, and coaches a real pause.

Fortunately, these evolving concerns are meeting their match with some incredible service leadership opportunities from some sports organizations and through some inspiring examples set by professional athletes, such as J.J. Watt. St. Laurence would like to do our share in creating upstanding leaders in our children’s everyday play experience by embracing the +PlayWell mindset.

+PlayWell means:

- Learning to self-regulate, communicate, collaborate, and cooperate so that a group experience is valuable overall – not necessarily perfect – for all participants.
- Working to your potential in whatever you’re doing and accepting nothing less than your personal best, whether your “competitive” in a particular activity or not. And if you are one of the more talented people in a particular class, activity, competition, or performance, your personal best will be linked to how you use your talents to help others achieve their best. **This balanced combination of individual excellence, teamwork, and good sportsmanship is what +PlayWell is all about.**
- Expecting more than simply performance from our communities’ most active and involved children. Simply put, to those to whom much is given in terms of academics, arts, and athletic talent, much more can be expected in terms of humble leadership and upstanding behavior.

You will begin seeing St. Laurence’s promotion of +PlayWell this semester. On the page that follows you will see a copy of the +PlayWell banner that will soon hang in our school gym.

Welcome to this **+PlayWell** Event.

We expect **all** spectators to:

Let the coaches coach.

Let the officials officiate.

**Let the children play, compete,
perform, and learn.**

The best thing **we can** do for the children competing today is demonstrate in word **and** action that we are all here to **enjoy** watching them learn to **+PlayWell**.