

Welcome Back!

Tips from your School Counselor

I would like to welcome back those of you from last year, and also welcome any new families to the district! This is my fourth year as school counselor for Luther Lee Emerson and County Road Schools. I look forward to helping each student meet their personal goals, maximize their full potential for academic achievement, identify and understand their feelings and provide one-on-one support as often as needed. I welcome you to contact me with any of your concerns or questions throughout the year. I look forward to a great school year!

Warm Regards,
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Tips for an Easy Transition Back for You and Your Child

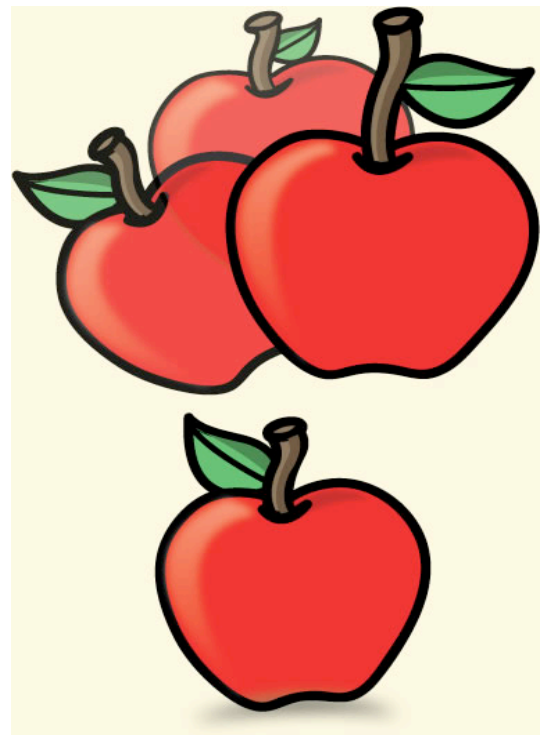
Check your feelings at the door. If you are really nervous or scared to drop your child off at school, your child will feel it too. Find time to express your feelings separately

Make your goodbyes quick. Long and repeated goodbye rituals can prolong your child's fear about you leaving them at school. A hug, kiss, and "have a good day" are all your child needs to start their day.

Be careful about saying "I'll miss you." While this sounds loving, it may cause your child to feel worried about you, instead of focusing on their school day. You might say "I can't wait to hear about your day later" or "I'll see you at dinner time" instead

Write your child an encouraging note. Packing a short note in your child's lunchbox or backpack can give them something to look forward to.

Avoid walking your child in after the first week. There will be opportunities for you to come into their classroom, but your child needs to know they can do it on their own



Is your child anxious? Click on the link below for tips

<https://www.psychologytoday.com/blog/dont-worry-mom/201302/12-tips-reduce-your-childs-stress-and-anxiety>

Lunch Bunch

Lunch bunch is offered to any student in the school who may need some help meeting and making new friends! Lunch bunch is a place where we can freely talk about our feelings and play fun games with friends. Anyone is welcome to come and sign up for a lunch bunch just for fun!

Does your Child Worry?

Try these books/workbook recommendations for you and Your child to try together

- “What to Do When you Worry too Much: A Kid’s Guide to Overcoming Anxiety (What to do guides for kids)” by Dawn Huebner
- “The Worry Wars: An Anxiety Workbook for kids and their Helpful Adults!” by Paris Goodyear-Brown
- Wilma Jean the Worry Machine Activity and Idea Book” by Julia Cook, Laurel Klassen and Anita Dufalla

Stressed?

Starting a new grade can be stressful for a child regarding new expectations and responsibilities.

Here are some tips you can try with your child.

- **Worry or stress stones-** Have fun finding and decorating a smooth stone that can be kept in your child’s pocket. They can rub it when they need it!
- **Worry Box-** Keep a box in your home where your child can freely write about their fears and stressors. Have them rip them up and place in a “decorated worry box.”
- **Be careful not to put too much pressure on your child for grades or performance. Every child learns differently and at their own pace**
- **Listen to your child, let them know you understand that change can be hard**
- **Try not to take away stress by letting your child stay home from school or doing their work for them. This will only hurt them in their future.**