



# Goshen Elementary School

## Counselor Bulletin - Back to School 2009

### Amy Recks



### How and When to Get in Touch with the Counselor

My job as the school counselor is to work with all students helping them learn skills in the areas of personal/interpersonal, academic, healthy, and career development. I do this in many different ways: talking with students, parents, and teachers, working with students in small groups, and conducting guidance lessons to whole classes.

Please feel free to contact me either by phone or email if you have concerns about your child including: family changes (moving, death, divorce), stressors (at home and/or at school), self-esteem, friendship/social skills, and classroom behavior. I look forward to talking with you!

### **Volunteers Needed**

As the school counselor, I chair the Behavior Management Committee. If you are interested in serving as a parent representative on this committee, please contact me. We meet once a month (except for December, February, and April). Our first meeting is Sept. 16 at 3:45.

**Have a great school year! Please be in touch!**  
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### Back to School Transitions



Getting the new school year off to a good start can influence how a student performs both academically and socially. Even students who are excited about returning can have difficulty adjusting to new routines and environments. How a child adjusts is different for every child, but parents can help by planning ahead, being realistic, and keeping a positive attitude. Here are some tips to help prepare for going back to school:

- Plan a separation routine - prepare a series of steps that you will take every day (child prepares backpack, parent describes what they will do after school, parent says good-bye, etc.).
- Discuss any last minute fears or questions.
- Review the school day routine with your child. Enforce bedtime to make sure your child is well-rested.
- Put clothes out the night before.
- Wake up in plenty of time to prepare for school.
- Leave your child promptly, with a positive attitude, after you have completed your planned separation routine.
- When your child returns home, ask specific questions about their day such as, "What was the best thing that happened today?" or "Who did you play with in your class today?"

Feel free to give me a call if it seems that your child is having difficulty adjusting to school. Most kids adjust after a few days, but if it's been a few weeks, let me know if I can help.

