

September 2009 - Counselor Newsletter



Dear Parents,

Welcome back! I am so excited to work with new students and our returning old students. I anticipate a very exciting school year.

The beginning of the year can be a smooth transition for many students. However, some students have more difficulty with this crossroad. Here are some things you can do to ensure your child has a smooth transition to school.

1. Take the time to talk. Ask your child what he would like to know about the new school or teacher.
2. Write down questions and find out the answers.
3. Take time to visit the school and teacher.
4. Practice the walk to school or the walk to the bus stop.
5. Talk about what will happen during a typical day.
6. Maintain availability and try to give extra time the first few weeks of school.
7. Allow your child to express negative feelings.
8. Stay positive, expect transitions to be successful.
9. Become involved with your child's education, volunteer.
10. Plan for family fun to relieve stress. Remember, through all kinds of life transitions, families can be a steady source of support for one another.
11. If your child seems overly stressed or unhappy ask to speak with the teacher or counselor. It is best to address problems before they escalate.

I look forward to working with you and your child. I am available during regular school hours.

Source: www.thefamilyworks.org

Sincerely,

Ms. Morris
Counselor