

SOUTHEASTERN SCHOOL

COUNSELING CONNECTIONS

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The 2017-2018 school year is here! I am so excited about this school year at Southeastern. One of my goals this year is to increase my communication with parents. That's why I've started this Counseling Connections Newsletter. The newsletter will include tips, parent resources and upcoming events at school. Please go to my school web page for insightful helps for your child's education this year. Here's the link that will take you directly to the page <https://wsocha0.wixsite.com/counseling>. If you need to contact me there are several ways; you may call the school or email me at wsocha@blountboe.net. I hope you find it useful and have a great school year.

Relieving School Anxiety

Back to school anxiety is normal and understandable. It's common for students to feel anxious about going back to school after a summer break. Other children may feel nervous about starting school for the first time. You can ease your child's anxiety with these strategies:

- Talk with your child about feelings and fears, which help reduce them
- Emphasize positive aspects of going to school: being with friends, playing at recess
- Include a note in your child's backpack
- Remind him/her that they are not the only one nervous. Talk about your nervous feelings that you had at their age.
- Make morning goodbyes quick. The longer the process of separating, the longer it will take for your child's anxiety to be eased.

Are You Building A Home-School Team?

Research shows that when home and school form a strong team, kids learn more and do better in school. Answer the following questions yes or no to see if you're doing your part to build a home-school team:

_____1 Do you plan to meet with your child's classroom teacher at least once this year?

_____2 Do you talk with your child about school each day? Do you talk about the importance of working hard and doing your best?

_____3 Do you have a regular time for homework each day? Is the TV turned off during this time?

_____4 Do you make sure your child gets to school on time each day?

_____5 Do you read to or with your child every day?

How did you do? Each yes answer means you are building a strong home-school team. Each no answer, consider trying that idea from the quiz.