

COUNSELOR'S CORNER

September 2022

IT WAS GREAT SEEING EVERYONE AT BACK TO SCHOOL NIGHT!

- As our continued journey of wellness expands, morning meetings are being implemented to set the tone of our emotional and social growth. The SEL curriculum and mission is to infuse wellness as a fundamental focus in their development. Our goals are to
- feel a sense of belonging and significance throughout the day
- connect with peers
- experience a sense of excitement and competence about the academic work and learning ahead

OPEN WHEN...

you need to
remember what
makes me love you

Open When Notes

As promised at Back to School Night,
we are introducing "Open When" notes...

With a focus on social emotional lessons, we are introducing "Open when" notes to connect home and school. As the children work on identifying feelings and how to manage them, we would like to connect home and school with notes from parents.

The "Open When" will be two notes from home to be given when they are struggling or need a little "home at school." In that moment, the student can be empowered to acknowledge how they are feeling and get a dose of love from home in a special note.

Please use the attached template, labeled with your **child's name and homeroom teacher on the envelope**. Kindly return your notes to us by the end of September.

Back to School Tips

Establishing consistent homework routines is a key element to their success. Here are some tips:

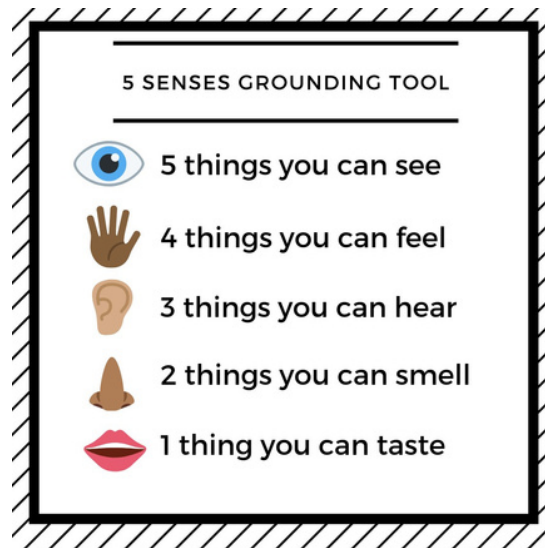
1. **Set up a homework-friendly area.** Make sure kids have a well-lit place to complete homework. Keep supplies (paper, pencils, glue, scissors) within reach.
2. **Schedule a regular study time.** Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner or even in the morning before school.
3. **Help them make a plan.** Encourage your child to break up the work into manageable chunks. Create a work schedule for the night if necessary and take short breaks between subjects.
4. **Keep distractions to a minimum.** This means no TV, loud music, or phone calls.
5. **Make sure kids do their own work.** They won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions, but it's a child's job to do the learning. This also allows the teacher to see if the child has understood the lesson or may need more help.
6. **Be a motivator and monitor.** Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.
7. **Set a good example.** Do your kids ever see you reading a book? Kids are more likely to follow their parents' examples than their advice.
8. **Praise their work and efforts.** Compliment them on their work habits and efforts, not just their achievements.

If there are continuing problems with homework, get help. If your child is struggling, please reach out to your child's teacher. We are here to help.

Managing Stress

We are teaching the students at MTES many tools in managing their stress. One tool we encourage students to practice is called a Grounding Technique:

Students take a slow breath in (using their diaphragm) and slowly exhale. Their stomach should expand when they breathe in. Then they find ...



Breathe again with slow inhale and exhale.

Try doing this with your child at home and model it for them when you find yourself feeling stressed.

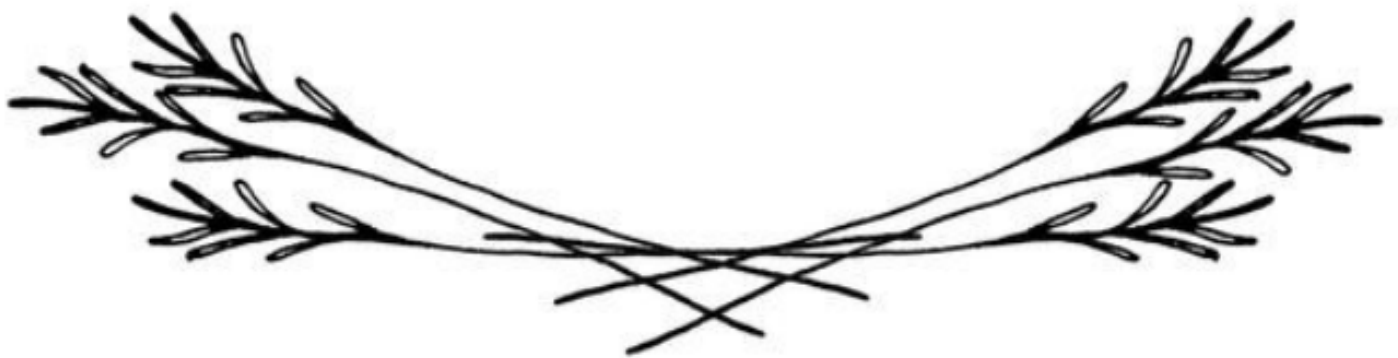
Warmest regards from your school counselors,

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OPEN WHEN...

you need to
remember what
makes me love you



OPEN WHEN...

you need a
kiss and
a hug

