

Maywood Schools

School Counseling Newsletter

BACK TO SCHOOL 2022

Welcome to the 2022-2023 School Year! The transition from summer to school can be somewhat overwhelming with the onset of homework, coordinating activities, new friendships, and adjusting to a new schedule. There are many things we can do to help our children. A great start is to be positive and share some of your fun memories of school. Children are sponges; they hear our words, sense our feels and mimic our attitudes.

Back-to-School Mental Health Checklist

Below are some tips that may help with starting the school year and being successful throughout:

- **Ask your child about school and encourage them to talk about their day. Getting a child to talk is not always easy. Try asking about the best and worst part of the day or about something that they thought was funny. It's a great way to get them talking and to "break the ice".**
- Make sure that your child is getting plenty of sleep and is ready for school each day.
- **Help your child with their homework every day. Make sure to check their assignment pad and to clean out their folders.**
- Manage your child's screen time. Children in elementary school should not have more than one hour of screen time a day. It's important to set limits and make sure they are not missing out on exercising, playing, socializing, and studying.
- **Read with your child every night. Make reading a part of your daily routine. Bedtime is a perfect time for this! Turn off the TV or tablet; this time of night should be quiet. Enjoy a good book.**
- Build relationships with your child's teachers. Find out each teachers classroom expectations and help you child meet those expectation.
- Teach your child to be responsible for their actions and their schoolwork

October in Maywood Safe Schools Month

Week of Respect

10/3 - 10/6

Maywood Avenue Respect Parties

Tuesday 10/25

Grades 4 & 5

Wednesday, 10/26

Grades 6/7/8

Red Ribbon Week

10/24 — 10/28

Dress- Up Days

Mix It Up Day

Wednesday 10/26

Practice Mindfulness with your Maywood Counselors

Use the link below to practice eye cupping. Eye cupping helps to relax your mind, body and eyes. Give it a try! I always feel refreshed after using this exercise.

[Eye Cupping](#)

Mindful Game to help with focus

[Bubble Bounce Game](#)

COFFEE WITH A COUNSELOR-

Join us for **Coffee with a Counselor**, a fun and relaxing way to get important information out to our parents.

Thursday October 6th

Discuss academic support Memorial and Maywood Avenue School offer the students.

[Google Meet Link](#)

Wednesday October 19th

Hosted by Ms. Leto and Mrs. Blundo

Discuss important high school transition information.

[Google Meet Link](#)

*you don't need
a cape to be a
hero. you just
need to care.*
KID PRESIDENT

What is 988??

The new 988 number for the National Suicide Prevention Lifeline went into effect this past July. The number will have trained staff to answer calls from individuals at risk for suicide as well as those experiencing other mental health and substance use related emergencies.

How It Will Work

- Call or Text 988 and a trained crisis counselor will answer and provide support and share resources.
- To chat visit 988lifeline.org and a trained crisis counselor will answer the chat, provide support and share resources if needed.

Tik Tok Parenting Tips

Getting your child to talk after school is something many parents struggle with each day. Watch the attached TikTok video for some advice on getting your child to open up about their day. ;

[Tik Tok Melissa Lea Hughes](#)

What to say...

**WHEN YOUR KID
WON'T GET READY
ON TIME (AGAIN)!**

**WE'RE LATE!
HURRY UP!**

Try our 3C Co-Regulation Method!

1 Connect to yourself

Take a deep breath.
Focus on a long exhale.

BREATHE



"This isn't an emergency."
"He needs my calm."
"I can do this."

MANTRA

2 Connect to your kids

"Can you get dressed like the Flash?"

"I'm on your side. What can I do to help you?"

"What's the next thing you need to do?"

"Let's grab our list. I'll help you check it off."

3 Collaborate outside the moment

"I know it's hard to get everything ready in the morning. I'd love to make a plan with you so we can make it happen. Do you have ideas? We can even practice getting ready."



CHECK IT OUT
Our School Counseling websites are full of great information and resources. Find info on: Family & Parenting groups, enrichment opportunities, virtual counseling offices, dealing with anxiety & much more!

Maywood Avenue School- <https://www.maywoodschoools.org/Page/4920>

Memorial School- <https://www.maywoodschoools.org/site/Default.aspx?PageID=183>

New and Improved Virtual Calm Room- [Calm Room](#)