

Maywood Schools

School Counseling Newsletter

Winter 2022



Helping Your Child Cope With Their Anxiety

Anxiety has become one of the most commonly diagnosed mental health issues in our country. While anxiety is typically seen as the body's normal response to something that is dangerous, it can become an issue for children and adults when it shows up at unexpected times. Anxiety can effect children in many different ways including lack of appetite, stomach aches, interrupted sleep and headaches According to www.Heysigmund.com anxiety in children is very treatable and they are particularly responsive. They suggest the following tips to help support your anxious child:

Don't talk them out of it: as a parent, the temptation is to reassure your child with gentle comments in the way of "there is nothing to worry about," or "you will be fine." This tends to come from the purest intentions but runs the risk of them feeling as if there is something wrong with them. What they need is to hear that you get it. Ask them what it feels like for them. What situations make them feel this way

Normalize: explain that anxiety is normal and everyone experiences anxiety at some time in their life— before an exam, when meeting new people, or starting a new school. Sometimes it happens for no reason at all, but there are many things you can do to make it go away. Cont.. pg 3.

Updated Virtual [Calm Room](#)

Check out the newly added Kids Yoga to our the Calm Room. Research shows that yoga can help with focus, memory, self-esteem, academic performance, behavior and stress/ anxiety. Grab a mat and give it a try!



Raising Remarkable Kids Parent Series: *Links to videos*

- [Building Confidence in Children](#)
- [Conquering the Morning Madness](#)
- [Mindfulness for Families](#)
- [Power Struggles with Teens](#)

Mindful Meditation Opportunities for Maywood Avenue and Memorial Students and Staff

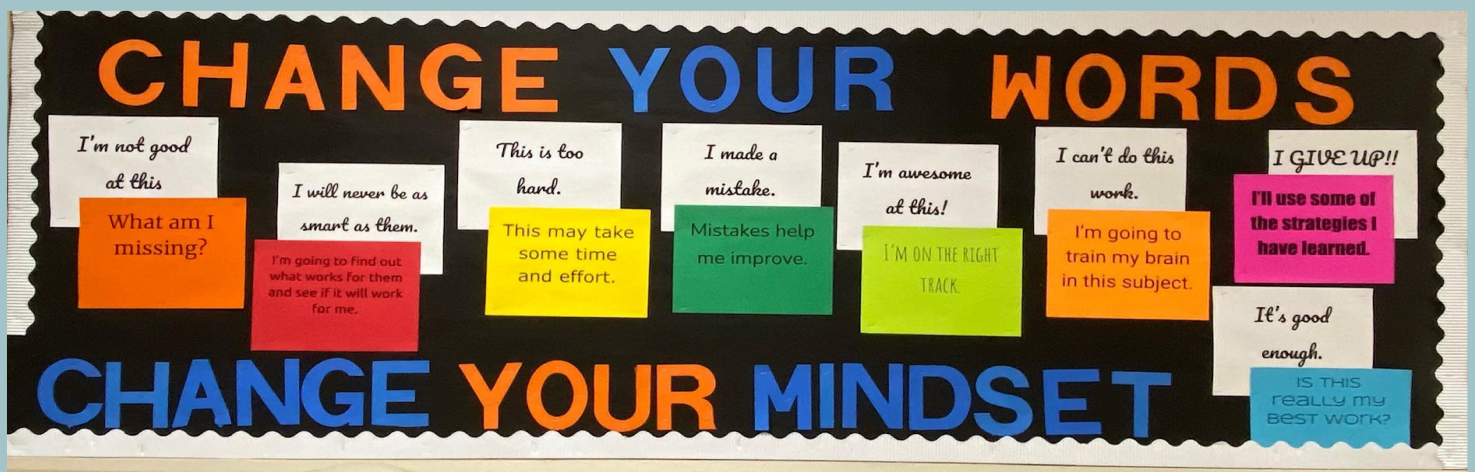
What better way for students and staff to start their day then with some mindful meditation and breathing exercises. At Maywood School join Ms. Leto and Mrs. Blundo every second Friday of the month in the small gym from 7:50 till 8:15. At Memorial, Mr. Vasquez and Mrs. Byrnes meet with students during Tuesday morning Tutorials for Yoga and Mindful exercises.

ANXIETY - Cont.

Explain why anxiety makes their body feel the way it does: some children may find it helpful to understand the biology behind anxiety and why their bodies feel different when they are anxious. Below is a kid friendly explanation of anxiety.

Explain how common anxiety is in kids: about 1 in 8 children have struggled with anxiety—so let them know that in their class, there's a good chance 3 or 4 other kids would know exactly what they are going through

Breathe and Practice Mindfulness: breathe deeply and slowly. Use a small stuffed animal called a “breathing buddy” to help kids push their breathe down into their belly. Their breathing buddy should move up and down with each breathe. Mindfulness helps you have control over your brain so you can stop it from worrying about things it doesn't need to. It trains your brain to stay in the here and now. The brain is like a muscle and the more you exercise it the stronger it gets.



COMING UP THIS WINTER:

- No Name Calling Week
–January 24th-28th
- School Counseling Week –
February 7th-11th
- [Coffee with your Maywood School Counselors](#) - Feb. 8th
- [School Counseling Choice Board for extra-credit at MAS](#)
- TeenCAP for grade 7–1/31 & 2/1 [Parent meeting– 1/26/2022](#)

No Name-Calling Week DRESS-UP DAYS

1/24 **White Out**

1/25 **Blues Day**

1/26 **Black Out**

1/27 P-Day- **Pink or Purple**

1/28 Spirit Day **Red**

National School Counselor's Week Dress-up Days

2/7 MONDAY- Sports Day
Athletic Gear

2/8 TUESDAY- Tropical Clothes
Bright Colors

2/9 WEDNESDAY- Bring your
Stuffed Animal

2/10 THURSDAY- Wear your
Favorite Jeans

2/11 - Friday Pajama Day

RESOURCES

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.maywoodschools.org/Page/4920>

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

