

# Maywood Schools

## School Counseling Newsletter

Fall 2020



Dear Parents,

Get ready; the 2020 School year is here. We are ready and excited to welcome back all of our students both in school and virtually. The Maywood School Staff is here for our students and their families. If you have any concerns about your child academically, emotionally, or socially, please contact your school counselor or any member of the Maywood Schools Wellness Team.

Carly Byrnes & Kerry Leto

HUMC is offering expedited **COVID testing for school families and staff** through their drive through testing sites. If a school student or staff member who is attending in person school (or someone living in the same household as a student or staff member) has COVID symptoms or significant COVID exposure they can call the "School COVID Testing Hotline at 551-996-1600.



### MAYWOOD WELLNESS TEAM ***Here for you wherever you learn.***

Mrs. Byrnes, Memorial School Counselor  
Ms. Leto, MAS School Counselor  
Ms. Smith, School Social Worker  
Mr. Timmins, MAS Vice Principal  
Mr. Jordan, MAS Principal  
Mr. Halligan, Memorial School Principal  
Mrs. Dunn, Memorial School Nurse  
Mrs. Zuccaro, MAS School Nurse

School Counselor  
Google Classroom  
Code

Ms. Byrnes viox72n

Ms. Leto zrckww3

*Find mindfulness videos,  
video chats, self-care  
activities read alouds &  
resources*

# Preparing Your Child For the First Day Back in School

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

## Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



## Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or “I can really understand why you would feel like that”



## Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



## Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



## Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



## Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.



# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## CHECK IT OUT!

Our School Counseling websites are full of great information and resources. Find info on: how to talk to your child about Covid-19, Family & Parenting groups, enrichment opportunities, dealing with anxiety & much more!

Maywood Avenue School-

<https://www.maywoodschoools.org/Page/744>

Memorial School-

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

# Tips to Start the School Year off Right!

## Finding Success Wherever You Learn

### Have a Growth Mindset

- Stay positive
- If you need help or have a challenge, get help right away.
- Stay motivated & have fun

### Keep a Schedule

- Set an alarm and get up the same time every day
- Get dressed and ready for school even if you are learning from home
- Post your daily schedule- know where you are supposed to be & when.
- Go to bed at the same time every day.

### Have a Designated Place to do School

- Prepare a place that is your “school desk”.
- Cleared your space of distractions and/or toys.
- If possible, try to sit at a seat. Try not to use your bed to do schoolwork

### Be Class Ready

- Turn on your video
- Participate in class discussions
- Get to know your teacher
- Allow your teacher to get to know you
- Take advantage of school resources: extra help, school counseling, clubs & activities

