

Maywood Schools

School Counseling Newsletter

Spring 2021



Dear Parents,

This school year has not been easy but the spring is here, vaccines are here, and we are still here for you. Collaboration of home and school has been key in keeping our students healthy academically and emotionally. We are in the final stretch - Let's finish strong! Keep checking in, asking your child how they are doing, and encourage them to get outside to enjoy some fresh air! Movement and communication both help to build a positive mindset.

Carly Byrnes & Kerry Leto

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



Stress Balls

You don't have to go out and buy a stress ball, just make one yourself. Give it a squeeze during long road trips, when doing homework, or just when you need to calm down.

What you'll need: balloons, funnel, cornstarch, permanent markers. Find complete directions here:

[How to Make a Stress Ball](#)



PODCASTS FOR KIDS

The Imagine Neighborhood Podcast
Join the characters of the Imagine Neighborhood to learn about and practice different social emotional learning skills through their stories & adventures. A new episode is available every week!

<https://www.imagineneighborhood.org/podcast-1>



<https://www.njit.edu/diversityprograms/lgbtq-terminology>

ENRICHMENT OPPORTUNITIES

Bergen Community College Summer Youth Camp

Montclair Stem Camp

Juniors explorers

PRE- COLLEGE FOR MIDDLE SCHOOL

RUTGERS University

NJIT

Rutgers Summer reading program

Ramapo College Summer Camps

St. Thomas (Rockland County) Summer Camps:

Montclair State University Gifted and Talents program

Bergen Academies After-hours program-



FIVE TIPS

to Help You Practice **RESILIENCE** in **2021**

- **TIP 1** Be open to changes and allow for flexibility.
- **TIP 2** Keep things in perspective.
- **TIP 3** Take care of yourself with activities you enjoy.
- **TIP 4** Prioritize your relationships.
- **TIP 5** Ask for help if you need it.

USA MENTAL HEALTH FIRST AID

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

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



Help Your Child Finish the School Year Strong

Even though the school year isn't over, most students are already thinking about summer vacation. The last few weeks of school, however, are just as important as the rest. It's vital for your child to stay focused so they can finish the school year strong.

To motivate your child to keep working hard as the year winds down:

1. **Stick to routines.** It's easy to get wooed by warmer temperatures and more daylight. If you find yourself letting them hang out with friends longer and longer and stay up later and later, it's time to get back on track. Morning comes as early as ever, and if your child doesn't get enough sleep at night, they may be worn out and unable to focus in class.
2. **Stay interested in their schoolwork.** Don't stop asking your child about what's happening in their classes just because by this point you're pretty familiar with what goes on there. Show them you still care about their education and the things they are learning in school.
3. **Maintain expectations.** Remind your child that if their grades begin to slip near the end of the year—or if they stop completing their homework—there will be consequences. The thought of missing a summertime movie or trip to the pool may inspire them to buckle down.

***“Diversity is having a seat at the table.
Inclusion is having a voice.
Belonging is having that voice be heard”***



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> Ms. Leto's Meet link is open from 8:30-3:00 daily. Encourage your child to stop by to say hi!

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