

# School Counselor's Corner

Mrs. Romo, School Counselor

Fall 2016

## Welcome Back!



It's great to be back at school for another year of supporting students, teacher and families academically, socially and emotionally. My name is Elizabeth Romo and I will be your child's school counselor. I am available daily to help students, parents and teachers.

I provide a number of different services to support students throughout the school year:

- *Classroom guidance lessons* – I will be conducting classroom guidance lessons in grades K-4 and 5-8 that address social emotional skills, academic success and careers.
- *Small group counseling* – Groups run about 4 times each school year and may include topics such as social skills, friendship, anxiety, and school success.
- *Individual counseling* – Please be aware of my respect for confidentiality in dealing with any issues that arise during the school year.
- *Support to parents and teachers*

I hope we can work together to make this year a great year for your child/children!

### UPCOMING EVENTS:

9/15/16 High School information night

9/30/16 Visit to Strake Jesuit and St. Agnes

### How do I contact Mrs. Romo?

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ext.1019

Email:  
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Feel free to contact me to make an appointment!

# SEPTEMBER

## Classroom Guidance

Lessons this month will focus on teaching students the skills necessary to be successful learners all year long!

**Kindergarten** – Kindergarten students will learn about adjusting to school routines, how to deal with their feelings, and what it means to be a friend.

**1<sup>st</sup> through 4<sup>th</sup> Grade** – Students are focusing on becoming responsible learners and about being more organized. Each grade level are given developmentally appropriate tasks and examples.

**5<sup>th</sup> grade-** Students are focusing on transitioning into middle school, learning their personal strengths, and planning study time.

**6<sup>th</sup> grade-** Students are focusing on effective study skills and importance of setting goals.

**7<sup>th</sup> grade-** Students are focusing on self-awareness, identifying unique characteristics, abilities, skills and strengths and monitoring their study time.

**8<sup>th</sup> grade-** Students are focusing on skills for future success and starting to plan high school admissions.



## Tips for Starting the School Year Successfully!

Use the following tips to help your child start the year off on the right foot!

1. **Get lots of rest** – Setting up a regular bedtime and wake-up routine will help cut down on stress and is crucial to prepare your child for success.
2. **Talk about it** – Talk to your child about why school is important. The more you show how much you value education, the more your child will see the importance of making school a priority.
3. **Involve your child in daily routines** – Let your child pick out his or her clothing the night before, choose the spot for the backpack, or help make lunch for the next day. Giving your child small things to be responsible for now will help him or her become more independent later!
4. **Set a regular schedule for completing homework** – Helping your child with homework and making it a priority is an effective way to show interest in what he or she is learning at school.
5. **Communicate** – Talk to your child's teacher to alert him or her about any changes that may impact your child at school. The teacher can also alert you to anything that may be happening with your child!

## Ask the Counselor

*Dear School Counselor,*

*My daughter is having a hard time separating from me in the morning before school. What are some things I can do to help with the difficult separation?*

*Sincerely, A Worried Parent*

Whether your child is beginning school for the first time, or returning to school after a summer of fun, it is totally normal to have some difficulty with the transition. Here are some ideas for how you can help prepare to make the transition back to school as smooth as possible:

- De-stress your morning routine to build less anxiety before returning to school! Let your child make some of the choices so he or she feels excited about his outfit, backpack, school supplies, etc.
- Don't plant worry seeds. If your child hasn't had problems before, don't create stress where it doesn't exist. If you are thinking your child may have a hard time, have a few upbeat conversations to explain what is happening and give enough information to ease some of the anxiety.
- Find some friendly faces for the first day that your child. School staff is always available to help, but often finding a friend from class is even more effective!

You might also want to check out some of the following books to help your daughter with the transition:

- Bye-Bye Mom and Dad by Mercer Mayer
- The Kissing Hand by Audrey Penn
- Llama Llama Misses Mama by Anna Dewdney
- Franklin Goes to School by Paulette Bourgeois
- The Invisible String by Patrice Karst

