



Counselor's CORNER

Elizabeth Romo, School Counselor

THRS

END OF THE YEAR TRANSITIONS

Our students experience so many different transitions. They might be making the big jump from kindergarten to first grade, or fourth grade to the middle school. Students might just be transitioning from one grade to the next or even moving around the block to a new house! No matter what the transition, we want to make it as smooth as possible so that each child has a successful school experience. Here are some tips to try to ease the anxieties that come along with some transitions:



-Orient students. When students transition to middle school, we usually have our teen leaders guide them through the first days. Many have already had a chance to ask questions about what they can expect and how will middle school “look” like. And all of our students will have the chance to meet their teacher before school starts in our orientation day.

-Make a list. If your student is feeling anxious about moving up, create a two-sided list with your child. On one side you can include things your child is looking forward to. On the other side, brainstorm things he or she may be anxious about. These lists can start a good conversation, and possibly even give your child a chance to re-

flect on past challenges he or she has overcome!

-Begin preparations early. Help your child phase in adjustments ahead of time. For example, at the end of a school vacation, start setting bedtime routines earlier to help prepare for the transition back to school.



-Inform the school. Consider any situation or special circumstances that might make it more difficult for your child to transition. Don't forget, the school staff want to help make next year great!

If you have any questions, as always please do not hesitate in contacting me.

JUMP INTO SUMMER AND LEARNING!



The end of the school year brings excitement for many children. Summer is a time for playing outside, swimming, and simply enjoying the warm weather. Children should engage in all the fun summer has to offer, but it is important to keep school skills strong over the summer.

There are many ways to make reading and math skills part of the summer fun.

- Read for 10-20 minutes every day. Read together or separately. Make it a family priority and role model reading for your child.
- Cook with your kids. Have your child help read and follow the recipe.
- Play “school”. Have your child teach

you some of the skills they learned this year.

- Take field trips to local museums or parks.
- Keep a daily journal. Have younger students draw pictures and “kid write” a sentence. Older students can write more.
- Challenge your child with math problems in the car. Use numbers that you see while driving.
- Get out in nature. What animals or plants do you see? Research them on the computer or in books.

Summer provides the time to make learning hands-on and THRS will offer many great Summer camps to do exactly that! If you have not already done so, please check out

<https://www.thehonorrollschool.com/camps/summer-camp/> for camp registration.



Have a happy, safe, and fun filled summer vacation!