

Notes from the Counselor

Greetings!

I am pleased to see how well our students have adjusted to the changes in our building. The children are naturally curious and have been sharing their discoveries with us as the school year continues into the second quarter.

The innate curiosity children have is wonderful to see, especially in young children as fall turns to winter and the Holiday season approaches. This is the perfect opportunity, now that many outdoor activities have ended and there is more flexible time, to connect with your child about the world around them. Asking your child about his or her school day (and talking about your own day) is a great way to begin talking. Show your child that you value your conversations. Good communication can prevent conflict and stress in your home. Laughter is also a fun way to ease tension.

Like children, adults also experience vast change in their lives. Try to take some time each day for yourself to do something you enjoy. Sharing concerns with friends or supportive family members, or asking for outside help if you are overwhelmed, can go a long way toward helping you manage all aspects of your life more effectively.

Please feel free to contact me by phone or email with any questions or concerns you may have regarding your child's educational progress and/or social-emotional well-being. Enjoy this Thanksgiving Holiday with your family.