

COUNSELOR'S CORNER

News From Your School Counselor

Hello Wildcats! As always, I hope that this email finds you and your family safe and healthy! I don't know about you, but I'm hoping for some warmer days this week than we had last week!

One of the biggest challenges facing parents during this time is establishing a routine for their child(ren) and sticking to it. Being in school provides a structure and routine that the students are used to . . . but they are not used to following that type of routine at home. When at home, it is usually a weekend, break, or summer vacation. I have attached a sample daily routine for you. You may tweak it and adjust it to fit your routine. I think having something like this in place will be beneficial not only to your child(ren), but also to you.

Additionally, it is important to do 'emotional check-ins' with your child(ren). How are they feeling about school, what do they miss, what is something good for them, etc.? Below is a link that provides a simple and easy to use format for doing the check-ins.

<https://www.centervention.com/emotional-check-in-worksheet/>

As always, please let me know if I can be of any assistance to your child(ren) or you.

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<https://calendly.com/margaret-blaker-school-counselor/30min>