



EAGLE EYE COUNSELOR CONNECTIONS

— WELCOME —

BACK TO SCHOOL

Ms. Jennifer Stephens
Ms. Amber Brown

Meet your School Counselors!



Ms. Amber Brown
Serving 1st, 3rd, & 5th

Ms. Jennifer Stephens
Serving K, 2nd, & 4th



You can reach out to your counselor via email, phone call, mailbox (outside of the gym), or tell your teacher that you need to see your counselor.



Things To Remember

- ⇒ Sep 3- Labor Day (No School)
- ⇒ Sep 7- Kindergarten Orientation and Welcoming Committee
- ⇒ Sep 12- Early Release @ 12:45
- ⇒ Sep 19- Teacher workday
- ⇒ Oct 31- Teacher workday


Back to School Anxiety

Signs of Anxiety

- Changes in eating habits
- Sleep disturbance
- Clingy behavior
- Meltdowns or tantrums
- Headaches or stomachaches
- Nail biting, hair twirling, skin picking
- Increased crying
- Increased irritability
- Avoid normal daily activities
- Social isolation

How to deal with anxiety

- Get to school early in case there is a meltdown
- Listen to your student's concerns and do not provide blanket statements, "You will be fine."
- Earlier bedtime to ensure adequate sleep
- Balanced meals and nutritious snacks in case eating diminishes
- Allow more time in the mornings so student is not rushed or late to class
- Role play potential concerns
- Make sure you don't show your children when you are feeling overwhelmed or feel anxious





Reading Suggestions for back-to-school

- * "Brand-New Pencils, Brand-New Books" by Diane deGroat
- * "The Best Seat in Second Grade" by Katharine Kenah
- * "Is Your Buffalo Ready for Kindergarten?" by Audrey Vernick
- * "My Teacher Sleeps in School" by Leatie Weiss
- * "Little Rabbit Goes to School" by Harry Horse
- * "David Goes to School" by David Shannon
- * "I am Too Absolutely Small for School (Charlie and Lola)" by Lauren Child
- * "My Best Friend is as Sharp as a Pencil" by Hanoch Piven
- * "Thank You, Mr. Falker" by Patricia Polacco
- * "Junkyard Wonders" by Patricia Polacco



Parenting Tips: Alternate ways to ask, "How was your day?"



- ⇒ How did you help somebody today?
- ⇒ How did somebody help you today?
- ⇒ Tell me one thing that you learned today.
- ⇒ When were you the happiest today?
- ⇒ When were you bored today?
- ⇒ Who in your class do you think you could be nicer to?
- ⇒ If you got to be the teacher tomorrow what would you do?
- ⇒ How was today different from yesterday?
- ⇒ What's one word that you would use to describe today?



Celebrate Attendance Awareness Month!



Ways to help your learner attend regularly

- ⇒ Create a regular bed time schedule and morning routine
- ⇒ Lay out clothes and pack backpacks the night before
- ⇒ Avoid doctor's appointments during the day and extended vacations when school is in session
- ⇒ Don't let your child stay home unless truly sick (a stomachache or headache could be a sign of anxiety)
- ⇒ If your child is anxious, talk to teachers, counselors, or other parents for advice on how to make child comfortable and excited about learning
- ⇒ Develop back-up plan to get students to school if something comes up

TODAY
is a **GOOD** day
for a **GOOD** day!