

Elementary School Counseling Newsletter

Lodi Unified School District

January 2021

School Counselor Reminders

Don't forget to reach out at:

Email: jdearmit@lodiUSD.net

Important events:

January 18th-Martin Luther King Jr. Day

How to support your child during Distance Learning

Show them you are interested. Ask them how school is going, if they are struggling or if they need help. Let them know that you are there to support them.

Reach out for help and stay connected. Keep in contact with your child's teacher as well as the support staff. Remember we are here to help.

Set them up for success. Make sure they are getting enough sleep and eating before class starts. Help them gather their materials so they are ready to go. Provide a quiet place for them to work and monitor your child during class times.

Motivation and Goal Setting

2020 was a difficult and very confusing time for everyone. Distance learning may have caused some stress, headaches and lack of motivation. Let's begin the 2021 year in the right direction, by creating goals and setting realistic expectations for our children. It's important to set goals because it triggers new behaviors, helps guide your focus and helps you sustain that momentum in life.

Setting a routine

Creating a routine/schedule is an example of how you can start fresh and motivated for the new year. Routines give us a sense of security and stability in our environment. It is important to teach our students that routines help us understand everyday events and help us learn what is expected of us. Some ways a routine can help include: Better stress levels lead to improved mental health, more time to relax and less anxiety. ... Even a quick (and healthy) breakfast will get you energized.

Example:

- Wake up
- Eat breakfast
- Get dressed for class
- Join class zoom
- Eat lunch

Tips for setting goals:

- Make sure your goals are manageable
- You might need to break down your big goals into smaller ones first.
- Compare yourself to yourself. It can be easy to compare where we are to where others are, but remember to only compare who you are today, to who you were yesterday!
- It's okay if you get off track. It happens to all of us and it's very common. Don't beat yourself up.
- Write down your goal or make a collage. Put it somewhere visible where you can see daily to remind yourself why you want to achieve it.



As we start the new year, we invite you to have compassion for yourself and remember this has been a challenging time. It is never too late to create new goals for yourself, or to "start again." We encourage you to set goals year-round, but sometimes the New Years can represent new beginnings for some! Having goals and looking forward to achieving them can help keep you motivated year-round.