

THE COUNSELORS' CONNECTION



The Newsletter of the
Elementary Counseling Department

SETTING THE STAGE: IDEAS TO HELP YOUR CHILD HAVE A SUCCESSFUL SCHOOL YEAR

As the school year begins, here are some ideas to help make it a successful one for both you and your child:

What's in this month's issue:

- PREPARING YOUR CHILD FOR A SUCCESSFUL SCHOOL YEAR
- SAME PROGRAM, NEW NAME: MOVING FROM GUIDANCE TO SEL
- RESOURCE HIGHLIGHT: PETER'S PLACE
- ELEMENTARY COUNSELOR CONTACT INFORMATION

- **Be Prepared to Address First Day Jitters:** If your child is nervous about starting a new school year, listen to their concerns and empathize with them. Provide reminders of the positives, such as seeing old friends, meeting new classmates, shopping for new clothes or supplies, etc. Then, set the stage for success by creating a routine that ensures that your child gets enough sleep, eats a healthy breakfast, and has their bag packed with the needed supplies.
- **Get Involved:** Engage your child academically by being involved in homework time and asking questions about the school day. When you show your child that you are interested and find these things important, the excitement can be contagious
- **Use Reinforcement:** Offer rewarding activities and praise (high fives, hugs, and positive feedback) after a set amount of homework time. Breaking homework time into shorter chunks with smaller rewards can also be highly beneficial, especially for younger children and/or children who have a difficult time sustaining attention.
- **Celebrate Effort Over Outcome:** Provide praise for hard work and persisting through difficult activities. This will help to foster the necessary lifelong skills of perseverance and grit in your child.
- **Let Them Make Mistakes:** No one is perfect and it is important that every child learns that from a young age. Mistakes are how we learn. Allowing your child to make mistakes will provide them with an opportunity to learn what they need to do differently next time and also see that they can recover from setbacks.
- **Create an Allied Relationship with Your Child's Teacher:** Help your child to see that you and the teacher are on the same team. Communication between home and school is important to help demonstrate that all adults are working together to promote success.

Adapted from the following: [Nemours KidsHealth.Org Back to School \(August 2018\)](#), and [Child Mind Institute How to Help Your Child Get Motivated in School \(2021\)](#).

RESOURCE HIGHLIGHT OF THE MONTH: PETER'S PLACE

Has your family experienced loss?

Peter's Place celebrates 20 years of service!

Located in Radnor, Peter's Place is a local organization whose mission is to provide safe and supportive environments for grieving children and families and to act as a community resource to foster understanding of the effects of death and grief.

Learn more at: <https://petersplaceonline.org/>



PETER'S PLACE
A Center for Grieving Children & Families

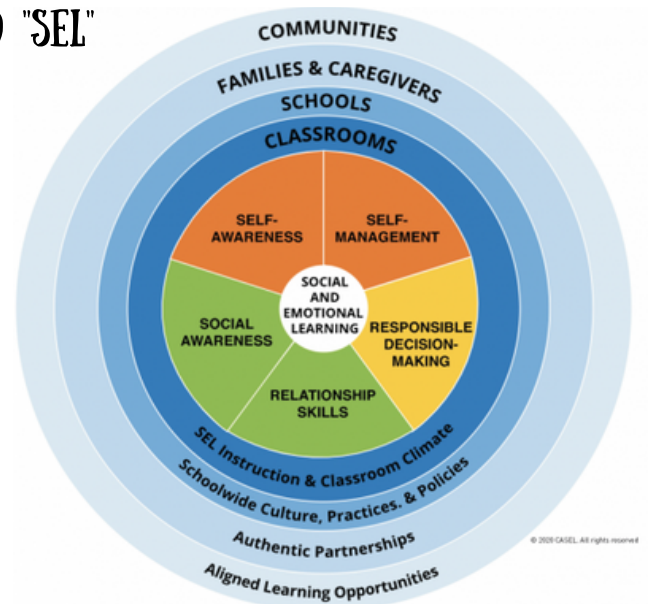
SAME PROGRAM, NEW NAME: FROM "GUIDANCE" TO "SEL"

Haverford has had an elementary **social-emotional learning (SEL)** program since 1989. Previously called "Guidance," which was the terminology at the time the program was founded, the updated name is SEL to reflect the five interrelated sets of cognitive, affective, and behavior competencies: *self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.*

The elementary counselors continue to teach the lessons bi-weekly in grades one through five and as scheduled in kindergarten.

Objectives include:

- Identifying, expressing, and managing emotions
- Developing positive self-talk, a growth mindset, and optimism
- Accepting and appreciating all differences in others
- Developing empathy for others
- Coping with anxiety and stress
- Impulse control and anger management
- Social Skills
- Conflict Resolution
- Assertiveness and Personal Safety
- Teasing and Bullying Prevention and Response
- Digital-citizenship/safety
- Career Development



SEL HOME CONNECTION

Moving Beyond "How Was Your Day?"

Instead of asking "How was your day?" try this:
Ask your child to share a *Rose, a Thorn, and a Bud.*

Rose: A highlight, success or something positive that happened

Thorn: A challenge or something they need help with

Bud: New ideas that have blossomed or something they are looking forward to learning or experiencing.

Make sure to invite each family member to share.

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