September 2022

THE COUNSELORS' CONNECTION

The Newsletter of the
Elementary Counseling Department

MEET YOUR ELEMENTARY SCHOOL COUNSELING DEPARTMENT!

Top Row: Eric Swiech, Catherine Mallam, Carolynne Wurth, Carolyn MacMurtrie, Jaclyn McAnany, Marissa Woodworth
Bottom Row: Damira Caldwell, Megan Romano, Jadean Ward, Jennifer Munch

The School District of Haverford Township has expanded its elementary counseling program so that each elementary school now has **two** full-time school counselors. In addition to teaching the bi-weekly Social-Emotional Learning lessons (SEL), school counselors meet with students based on teacher, parent, or self-referral; provide short-term individual and group school counseling to support students with skills that are developmental and/or impact school behavior, and consult with school staff and families to support students' mental health, academic achievement, and social-emotional development.

CONNECT WITH YOUR CHILD'S COUNSELOR

Chatham Park Damira Caldwell (Grades K - 2) dcaldwell@haverfordsd.net 610 853-5900 ext. 1123 Catherine Mallam (Grades 3 -5) cmallam@haverfordsd.net 610-853-5900 ext. 1202	**Chestnutwold** Jennifer Munch (Grades K - 2) jmunchhayes@haverfordsd.net 610-853-5900 ext. 8100 Jaclyn McAnany (Grades 3 - 5) jmcanany@haverfordsd.net 610-853-5900 ext. 8180	**Coopertown** Marisa Woodworth (Grades K - 2) mwoodworth@haverfordsd.net 610-853-5900 ext. 3110 Eric Swiech (Grades 3 - 5) eswiech@haverfordsd.net 610-853-5900 ext. 3113
Lynnewood Carolyn MacMurtrie (Grades K - 2) cmacmurtrie@haverfordsd.net 610-853-5900 ext. 4122 Jadean Ward (Grades 3 - 5) jward@haverfordsd.org 610-853-5900 ext. 4111	**Manoa** Carolynne Wurth (Grades K - 2) cwurth@haverfordsd.net 610-853-5900 ext. 6136 Megan Romano (Grades 3 - 5) mromano@haverfordsd.net 610-853-5900 ext. 6134	**Click Here to learn more about our Elementary School Counseling program!**

HELPING KIDS BACK INTO THE SCHOOL ROUTINE

With praise, understanding, and some structure you can smooth out back-to-school jitters

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the beach to the classroom easier for you and your child.

- **Validation:** Let your child know that his nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that he is not alone in this experience will help your child feel he's being heard and understood.

- **Morning Routines:** A common change that occurs as we begin the school year is a new morning routine. To help your child be successful, discuss what her morning routine will look like during the school year. Provide your child with simple, well-defined, and easy steps for their routine so that they have a clear idea of what you expect and so that it's easy to follow along with you! Giving specific praise when they complete each lets them know that you love what you're seeing.

- **Homework:** Another transition that can be rough after a summer break is homework completion. Like the morning routine, providing your child with a structured schedule can help him stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will take advantage of the daylight hours and provide encouragement, motivation, and assistance when needed. Letting your child know that you understand the hard work they are putting in and being ready with frequent positive feedback for his effort can help motivate him to get homework done.

- **Bedtime**: Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during the summer, so the new school schedule can be difficult to get acclimated to. As with the morning routine, having a nighttime schedule can assist in creating a structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise at the completion of each step. Additionally, visual reminders can help your child have something to refer to as she goes about her routine. Most kids want more time watching their favorite TV show or finishing that last level of a video game, and setting time limits can be a great way to put a boundary around the winding down time that they need each evening.

Click here for the full article from Child Mind Institute: Helping Kids Back Into the School Routine

WHAT YOUR CHILD LEARNS IN SOCIAL EMOTIONAL LEARNING

Our SEL program continues 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