

COUNSELOR CONNECTION

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ONE MORE WEEK OF SCHOOL

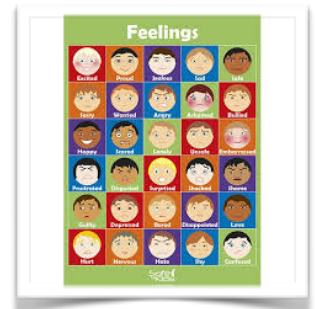
As we head into our final week of the school year, it's hard to believe we have all been in our homes for the entirety of the last trimester. It's been a long and bumpy road but here we are, one week away from summer. The spectrum of feelings and emotions at this moment in time are real and important. Above all, we as your IMS Counseling team, hope you and your families are having critical conversations at home and spending time truly valuing your health and togetherness. Because it feels like so many things are out of our control right now, we wanted to keep this newsletter content simple and straightforward. We have some tips and pointers for how to keep an open dialogue with your kids during this difficult time. We also wanted to revisit some of the logistical information regarding the end of the year materials drop off and yearbook collection. We will push out one more newsletter next week, with some tips and ideas for how to spend the summer now that a lot of things have been cancelled. The finish line for the 2019-2020 school year is in site- let's all finish strong!

DISCUSSING FEELINGS WITH YOUR CHILD

The last few months have been difficult, and the counseling team appreciates all your hard work and support with online learning. It is so important during this time of uncertainty to listen and validate your child's feelings. During summer break, it may be a good idea to carve out a time each day to discuss their emotions in an open-ended and compassionate manner. We thought it would be helpful to provide a list of tips that will help your child feel comfortable to open up and discuss their feelings.

VALIDATE THEIR FEELINGS

Allow your child time to explain their feelings and give them the opportunity to be an advocate when making decisions. Children should be given the chance to be part of their own solution, build self-efficacy, and feel empowered. Open-ended questions allow them to create their own narrative. It is important to ask specific open-ended questions rather than keeping them vague, which often elicits a vague answer. You can bring them up in a laid-back manner during dinner or on an evening walk with the family.



- ✦ **Ask open ended questions:** *What is something you are looking forward to tomorrow? What was the most fun activity you participated in today? What is something that made you smile today or brought you joy? What is one thing that you have accomplished today?*
- ✦ **Rose/thorns activity:** You could also spark conversation by using the the roses/thorns activity. You can ask your child to tell you something positive about their day (the rose) and also ask them to share out something that was difficult or hard (the thorn). This is a great way to gain insight into what may be at the forefront of their minds.

NAME IT TO TAME IT

If your child is having difficulty articulating their feelings you could utilize a feelings chart. A feelings chart is a non-threatening way to begin the conversation. It is important to be as specific as possible and dig deeper with their feelings. Furthermore, reminding kids to stay in the moment and focus on what is happening now rather than the future. Tomorrow may be overwhelming for some children, so focusing on the here and now is always a good start.

8TH GRADE PROMOTION DRIVE THRU: **Wednesday, June 17th**

8th graders are invited to come to the parent drop off loop during one of the options below. The purpose of this event is to return any items they may have- textbooks, library books, etc. and also to pick up their 8th grade graduation certificate, yearbook and gifts.

Morning Option	Afternoon Option
8:30-9:00 A-C	1:00-1:30 A-C
9:00-9:30 D-G	1:30-2:00 D-G
9:30-10:00 H-Le	2:00-2:30 H-Le
10:00-10:30 Li-O	2:30-3:00 Li-O
10:30-11:00 P-Sk	3:00-3:30 P-Sk
11:00-11:30 Sl-Z	3:30-4:00 Sl-Z

6th and 7th GRADE MATERIALS DROP OFF/YEARBOOK PICK UP: **Thursday, June 18th, Friday June 19th, or Monday June 22nd**

6th and 7th graders are invited to come to the parent drop off loop during the designated time slot to return any items they may have- textbooks, library books, etc. They may also pick up yearbook at this time. If your child cannot make it on June 18th or June 19th, Monday the 22nd is an alternate option.

Thursday, June 18th Morning	Friday, June 19th Afternoon	Monday, June 22 (Morning & Afternoon)
8:30-9:30 A-C 9:30-10:30 D-G 10:30-11:30 H-Le	1:00-2:00 Li-O 2:00-3:00 P-Sk 3:00-4:00 Sl-Z	8:30-9:30 A-C 9:30-10:30 D-G 10:30-11:30 H-Le 1:00-2:00 Li-O 2:00-3:00 P-Sk 3:00-4:00 Sl-Z



LOOKING AHEAD

With only one more week of school, we know many of you are very much looking forward to summer. As a reminder, we are here to help you get through next week....In our next and last newsletter, we will be sharing some ideas about fun and creative things to do this summer, as well as information about how to access support for those in need. We appreciate all of your patience and support during this difficult time and we hope you've found our weekly newsletters to be a helpful resource.