

Thank you for reading this newsletter over the course of this school year! I hope that you found some of the resources to be helpful and you learned new strategies to help support your students' mental health and wellness.

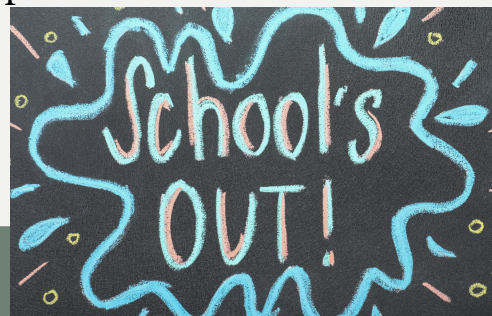
Here are a few links you might find helpful this month:

- [How parents can actually help teens navigate social media](#) (requires NYT subscription)
- [Strategies for a successful summer break](#) - this has some good ideas if your child struggles with anxiety, ADHD, sensory issues etc.
- Think your child needs mental health support over the summer? You can find resources on the [PCSD website](#) or through [Pittsford Youth Services](#).



The end of the year brings plenty of fun and celebration, but also some stress as teachers wrap up their classes with projects, essays, and final exams. For 6th graders, this might be the first time students have prepared for a final exam. Here are some study tips to consider (also applicable for 7th and 8th graders!):

1. Remind your students that they have worked hard all year and have a lot of information stored up in their brain.
2. Encourage positive self-talk ("I've got this!" "I am prepared." "I will do my best." "I don't have to be perfect.")
3. Encourage students to use any teacher provided study guides to prepare.
4. Encourage them to study a little bit at a time (e.g. 10 minutes of flashcards, 10 practice problems).
5. Help your students get a good night's sleep before the test and eat breakfast!
6. Encourage students to plan a fun or relaxing activity to look forward to after finals are completed.



END OF YEAR REFLECTION

The end of the school year is a great time for your students to spend some time reflecting on all the good (and bad) that happened this year. Ask them:

- What went well this year? What did you like most? What were some of your favorite moments or memories?
- What was hard this year? What challenges did you face, personally, academically, socially? What lessons have you learned?
- What would you like to do differently next year? Do you need to try out a different system to stay organized with your backpack, locker, etc? Do you want to challenge yourself to try something new that you didn't do this year, like a club, activity, or sport? How do you feel about your current friendships and social connections?
- How do you think you have grown this year?
- What are you looking forward to next year?