



CEDARWOOD
SCHOOL

Hi, Cedarwood parents and guardians!

I hope that you have been enjoying your summer and are looking forward to another year at Cedarwood School. My name is Georgia Krieger, and I am excited to introduce myself as Cedarwood's school counselor for the upcoming 2024-2025 school year. I had the pleasure of meeting some of you at the Middle School Meet and Greet, and I can't wait to meet the rest of the Cedarwood families that I have heard so many great things about!

After receiving my Master's in Counseling, I have been working as a mental health counselor to individuals, couples, and families in the Northshore area. I have also been a dance teacher for many years, and I absolutely love the work that I do with kids. It is my hope that I can provide a safe and trusting space to help support your children through the challenges that they encounter developmentally, emotionally, socially and academically.

Starting a new school year can be an exciting time filled with new opportunities and experiences, but it can also bring about some fear or anxiety as students adjust to new routines, peers, teachers, and coursework. Here are some tips to help your child navigate this transition smoothly and confidently:

- **Begin to Establish a Routine:** Consider implementing a regular schedule for activities, meals, and rest/bedtime. Consistent daily routines can help give your child a sense of stability and security, and lessens the hurdle of adjusting to a new school routine.
- **Promote Healthy Habits:** Ensure your child gets enough sleep, eats a balanced and nutritious diet, and has consistent physical activity. These healthy habits help support overall physical, mental, and emotional wellness.
- **Open Communication:** Encourage your child to share their feelings about the new school year, listening to their concerns, and sharing in their excitement. Open and honest communication can help alleviate any anxieties they may have.

I'd like to encourage you to reach out to me if you have any questions or concerns regarding your child, or if you would like additional resources to assist your child throughout the school year. I am so excited to begin this year at Cedarwood School and can't wait to get to know your children!

Georgia Krieger, M.A., PLPC
School Counselor