

COUNSELOR'S CORNER

Volume 1, August 23

*All in all, including college kids,
78 million kids go back to school
each fall.*

**Welcome
back to
school
Pumas!**



Feelings about Back to School

A new school year brings all sorts of emotions for students and their caregivers alike. Whether your student is starting Kindergarten or 5th grade this year, you may notice your child being more irritable or short-tempered. This is normal as your child tries to manage their excitement, fear, nerves, joy, anticipation, etc.

Validating your child's emotions, while giving them options to help cope with the big emotions is a great combination. Extra sleep and adherence to routine are also great helpers (for kids and adults)!

When to Intervene

Most children experience some apprehension at the beginning of a school year. If you feel that your child's response is more than expected, you may find this article helpful: <https://www.pbs.org/parents/thrive/how-to-cope-with-back-to-school-anxiety>

Role of an Elementary Counselor



As we begin a new school year, it is a great time to clarify the role of the Elementary Counselor here at Peak to Peak. Did you know that there is a National Model developed by ASCA that dictates the important jobs that a counselor does, and what the counselor does not do. At the same time, Counseling Program Development is unique to each school, and we are lucky at Peak to Peak to have the flexibility to be as innovative as we choose.

The elementary program has been developing over the past 5 years of its existence and we are in a process of constant evaluation and planning of different aspects. Please read [this article](#) that highlights the benefits of having a counselor in an Elementary School. Also, please see our [website](#) that explains what Mrs. Ball does at Peak to Peak.



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It's Zones Time!

All grade levels learn about the Zones of Regulation at the beginning of the year. Each Zone refers to a state of arousal, with Green Zone being an optimal zone for desk learning. Yellow Zone energy might be perfect for PE or recess, but maybe not as helpful for math time. The students will learn how to move their state of regulation from one zone to another as needed for the situation. If you'd like to learn more about how you can incorporate the Zones at home, feel free to reach out to Mrs. Ball.

NEED SUPPORT?

Local Resources for Financial Support:
<https://www.mhpcolorado.org/covid-19-local-resources/>

Mental Health Resources:
<https://docs.google.com/document/d/1bu8lIGi7CgGMJSpZa6WI5cUWAcHhDV8CS6WyWt1zn7k/edit?usp=sharing>

Children's Grief: Judi's House, <https://judishouse.org/>

Crisis Support Line: [844.493.TALK \(8255\)](tel:844.493.TALK)



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