### THE WOOD ROAD BUZZ

**School Counseling Newsletter** 

Fall 2024

## CET TO KNOW YOUR CHILD'S SCHOOL COUNSELOR!

School counselors provide a variety of support for your children!

Please click here to learn more about these supports and programs!

### PARENTS AS PARTNERS WEBINAR SERIES IS BACKI

FREE LIVE ZOOM WEBINARS FOR PARENTS.
RECORDINGS OF THE WEBINARS WILL BE
AVAILABLE AS WELL.

**CLICK HERE FOR MORE INFORMATION!** 

#### DID YOU

#### KNOWP

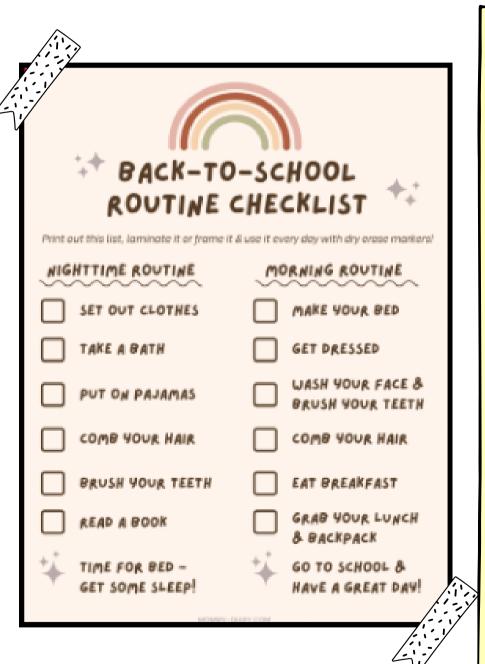
Students can receive weekly backpacks of food through our Backpack program. If this would be helpful, please contact your child's school counselor.

#### HAPPY KIDS TIP

Staying involved in your child's schooling has a positive impact on their grades, social skills, and attendance! You can get involved by communicating regularly with their teacher, counselor, checking their folder each night, and attending school events!



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# COPING SKILLS TO HELP EASE TRANSITION BACK TO SCHOOL

- 1. Encourage Communication: create a safe space to express feelings.
- 2. **Model Coping Strategies:** show healthy ways to cope, such as deep breathing.
- Establish Routines: maintain consistent daily schedules for stability.
- 4. **Teach Relaxation:** introduce calming techniques like deep breathing.
- Promote Activity: encourage regular physical exercise to reduce stress.
- 6. **Set Goals:** help break tasks into manageable steps.

#### LET'S CONNECT

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