

THE WOOD ROAD BUZZ

School Counseling Newsletter

Fall 2024

GET 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 BACK!

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

[CLICK HERE FOR MORE INFORMATION!](#)

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!



DID YOU KNOW?

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

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BACK-TO-SCHOOL ROUTINE CHECKLIST

Print out this list, laminate it or frame it & use it every day with dry erase markers!

NIGHTTIME ROUTINE

- SET OUT CLOTHES
- TAKE A BATH
- PUT ON PAJAMAS
- COMB YOUR HAIR
- BRUSH YOUR TEETH
- READ A BOOK
- ✦ TIME FOR BED - GET SOME SLEEP!

MORNING ROUTINE

- MAKE YOUR BED
- GET DRESSED
- WASH YOUR FACE & BRUSH YOUR TEETH
- COMB YOUR HAIR
- EAT BREAKFAST
- GRAB YOUR LUNCH & BACKPACK
- ✦ GO TO SCHOOL & HAVE A GREAT DAY!

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.
3. **Establish Routines:** maintain consistent daily schedules for stability.
4. **Teach Relaxation:** introduce calming techniques like deep breathing.
5. **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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