

AMSO Counseling Newsletter

October 10th, 2024

Dear 7th Grade Parents

As we dive deeper into the school year, it's important to address a topic that affects many of our students: stress. With academic pressures, social dynamics, and extracurricular activities, seventh graders can often feel overwhelmed. This newsletter aims to provide you with strategies to help your child cope with stress effectively.



Understanding Stress in Middle School

Middle school is a time of significant change. As your child navigates new subjects, friendships, and responsibilities, they may experience feelings of anxiety or stress. Recognizing the signs of stress—such as changes in behavior, mood swings, or difficulty concentrating—can help you support them.

Tips for Parents to Help Manage Stress

1. Encourage Open Communication

Create a safe space for your child to express their feelings. Regularly check in with them about their day and encourage them to share their concerns.

2. Promote Healthy Habits

Sleep: Ensure they are getting enough rest (8-10 hours). A consistent sleep schedule can greatly affect mood and focus.

Nutrition: Encourage balanced meals and healthy snacks to fuel their bodies and minds.

Exercise: Promote physical activity, whether through sports, walking, or family outings. Exercise is a great stress reliever.

3. Teach Relaxation Techniques

Introduce your child to mindfulness practices, such as deep breathing exercises, meditation, or yoga. These techniques can help them manage stress and regain focus.

4. Set Realistic Goals

Help your child break down tasks into manageable steps. Encourage them to set achievable goals to avoid feeling overwhelmed by large projects or assignments.

5. Foster a Balanced Lifestyle

Encourage a mix of schoolwork, leisure activities, and family time. Hobbies and downtime are essential for relaxation and creativity.

6. Be a Role Model

Demonstrate healthy stress management in your own life. Share your coping strategies and emphasize the importance of self-care.

7. Encourage Social Connections

Help your child build strong friendships. Having a supportive network can alleviate feelings of stress and provide a sense of belonging.

Resources for Further Support

If you feel your child needs additional support, consider reaching out to the Counseling Department or a mental health professional. They can provide strategies tailored to your child's specific needs.

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By working together, we can help our seventh graders develop healthy coping mechanisms that will serve them well throughout their lives. Thank you for your continued support in making this school year a positive experience for our students.

Best Regards,

AMSO Middle School Counseling Team

Mrs. McVey, School Social Worker
Mrs. Neubauer, 7th Grade Counselor
Mrs. Remigio, 8th Grade Counselor



Amity Middle School - Orange

Counseling Department