

Counselor's Corner



Starkey Elementary School April 2025

SCHOOL COUNSELOR ACTIVITIES

APRIL CLASSROOM LESSONS:

- K: I Think I Can!
- 1st: Just Add Yet
- 2nd: Squash the ANT
- 3rd: Perseverance Stamps
- 4th: Know Your Tricks
- 5th: I Can Do Hard Things



PERSEVERANCE

This month we will be learning about perseverance, giving extra effort to make it through to the end. Activities and discussions will center around the ability to keep going when things get tough. Students in 3rd through 5th grade will also be learning about coping skills for test anxiety and helpful test taking tips.

HIGHLIGHT OF THE MONTH

TEST TAKING TIPS

Some students experience stress and anxiety with test taking. Here are some tips below that your child can use to set themselves up for success!

SETTING YOUR CHILD UP FOR SUCCESS DURING TESTING

EAT A HEALTHY BREAKFAST

Good choices are oatmeal or whole-grain cereal, fruit, and low-fat milk. **Avoid foods high in sugar!**



REMAIN POSITIVE

Staying calm will help your child stay calm. Practice deep breathing/relaxation techniques with your child



BE PREPARED

Have all your school materials packed the night before school



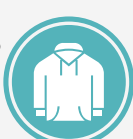
ARRIVE EARLY TO SCHOOL

Arriving to school late creates a stressful situation for your child. Wake up 10 min. early for a stress free day!



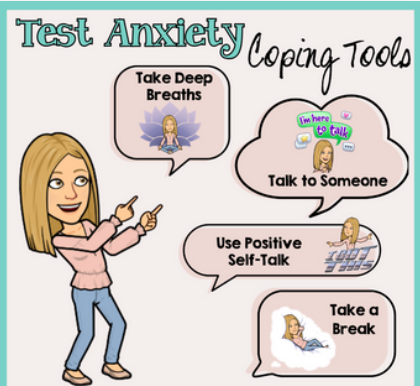
DRESS COMFORTABLY

Wear comfy clothes and dress in layers so your child can keep their sweatshirt on if cold, or take it off if they are hot



GET PLENTY OF SLEEP

6-12 year olds should have 9-12 hours of sleep each night



RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Test Taking Strategies: Click [HERE](#)
- Help Your Child Prepare for Tests: Click [HERE](#)
- 9 Anxiety Busters for Kids Taking Tests: Click [HERE](#)



PROFESSIONAL SCHOOL COUNSELOR Lindsey Roloff



- ✉ lindsey.roloff@kerrvilleisd.net
- 🌐 [Counselor's Corner Website](#)
- 📅 Schedule: M-F 7:35-4:00
- 📞 (830)257-2210