



O'Hara School Counseling NEWSLETTER



Dear Parents and Guardians,

Welcome to the 2025-26 school year! We are so excited to work with all of O'Hara's families! It is our goal to support the social-emotional, academic, and career readiness skills of all learners K-5! We're also here to support you, collaborate, and advocate for your student(s) as we "dive into learning!"

Mrs. Rachel Machen (K-2) & Mrs. Jennifer Squeglia (Grades 3-5)

SAVE THE DATE:

New Family Orientation
(Grades 1-5)

Wednesday 8/20/2025 11:30-12:15PM

Families and students:

Join us to learn more about a day in the life of a student at O'Hara. We'll take you on a tour and get you ready for your first day as a Fox! You'll also visit your classroom & find your locker.



SAVE THE DATE:

Kindergarten Meet & Greet
Wednesday 8/20/2025
12:30-2PM

We can't wait to welcome our newest Foxes to O'Hara! Our Kindergarten students will meet their teachers, see the classroom, and ride a school bus!



Community Resources

We are so fortunate to partner with Fox Families Care & Backpack for Hunger !

Reach out to your counselor via email to confidentially access any of the following:

- Weekend food bags
- New Backpacks + school supplies
- Information regarding emergency grants

We are excited to launch an O'Hara Caring Closet this fall where students can shop with dignity for free clothes, shoes, school supplies, & personal hygiene products.





Tips for the Transition Back to School

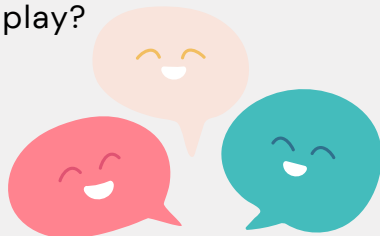


- Set a morning alarm
- Practice morning routine to prepare for school
- Scale back bedtime from summer hours & stick to consistent sleep time
- Plan regular meal times
- Involve kids in meal planning: what back to school breakfasts, packed lunches, or dinners would they enjoy?
- Discuss the after school routine, especially when dedicated time for homework will occur in the day (this can be tough with activities, lessons, etc).
- Make sure you have all your notebooks, pencils, and other supplies ready for the new school year.
- Engage in conversation with your child...
 - What are they looking forward to this year?
 - How are you feeling about...

Check in Each Day:

"How did school go today?"
If "Good" is the best response you receive, try some of these conversation starters as your child transitions to school:

- *What are 3 things that went well today?
- *What was the hardest thing you did today?
- *What was your "high point" today?
- What was your "low point" today?
- *What was 1 new thing you learned today?
- *Who did you play with today? What games did you play?



Handling Back to School Anxiety

This can be so tough to address as a parent, especially when you see your child struggling.

Dr. Burch, a psychologist, that specializes in CBT for children and teens, recommends "approaching anxiety instead of avoiding it."

Try to acknowledge and verbalize the emotion your child is feeling.

Start with small steps to work through the anxiety & give praise to positive behaviors and efforts to tackle the anxious or worrisome feelings.

Don't hesitate to reach out to your child's counselor for more support!

If you're looking for a great read to stop the cycle of worry, try Lynn Lyons' [Anxious Kids](#) [Anxious Parents](#) which provides 7 ways to stop the worry cycle, specifically for children and teens, ages 8-18

