



May Counseling Update

Hello TES families!

We are officially wrapping up our 2021/2022 school year! And we are beyond thrilled with how far our amazing little eagles have come! Your child has yet again prevailed but not without the guidance and support from YOU! So, pat yourself on the back and remember that YOU have helped to give your child the strength and determination, to be a successful individual ❤️

Moving On

While the end of the year may be a time of excitement for some students, it can also be a time of fear from uncertainty for others. Transitions can be difficult at any age but especially for younger children. By preparing students for grade transitions early on, caregivers can help ease the anxious feelings surrounding these big changes.

Tips for helping with the transition:

- **Take Time to Reflect**-A lot of our end of the year activities in SEL and counseling involve reflecting on all that we have learned and all the challenges we have overcome. I like to ask students to name accomplishments, share favorite memories, and share ways they grew as a student. This allows them to reflect on all of the wonderful things they have accomplished and reminds them of how capable and amazing they really are!
- **Discuss the BIG worries**-Ask your child what worries him or her the most about moving to the next grade level and ease that fear first. For example, they think the work might be too hard, try to get some samples of the work for that grade and spend some time preparing your child to meet these academic expectations. Always try to validate your child's feelings but also help guide them to find solutions!
- **Stay connected**- If possible, try to stay connected with at least one of your child's peers and their family. Try to schedule a playdate or casual meetup, during the summer. Seeing a familiar face can certainly help with the transition process.
- **What to expect**- Students have had the opportunity to check out what their next grade level classrooms look like and the types of activities they can expect to work on next year. Continuing to talk about the exciting things that your child will get to experience in the next grade, will help to prepare them for what's to come!.
- **Stay Positive**-Even if you are feeling some anxiety yourself, do your best not to convey this to your child. Bring up only positive aspects about their promotion to the next grade level and don't let them focus on negatives or potential problems. Encourage your child to make a list of all the things they are looking forward to in the new school year.
- **Ease into the new schedule**- Try not to wait for the first morning of school to get your child up and off early. Start about a week before school to set an alarm to get your child up earlier. Organize what your child will need a few days before school begins. Being organized and prepared can help to remove some of the anxiety your child might be feeling.

This isn't Goodbye...

Although your child will be moving to a new grade level, all of our amazing teachers work closely together in deciding the best possible placement for your student. The whole TES staff is committed to supporting your student, throughout his/her elementary years and beyond!

Additional resources-

[Only One You \(read aloud\)](#)-By Linda Kranze

[The Magical Yet \(read aloud\)](#)-By Angela Deterlizzi

[Lizzie and the Last Day of School \(read aloud\)](#)-By Trinkka Hanks Noble

Mrs.Clark-School Counselor 