



June Counseling Update

Hello TES families!

We are officially wrapping up our 2020/2021 school year! And oh, what a year it has been...

Your student has 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:

- **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.
- **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.
- **Meet and Greet-** Allow your child the opportunity to meet their new teacher and see their future classroom. While there, encourage your child to ask questions about what the school year will look like. (**Keep an eye out for more information on upcoming meet and greets**).
- **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.

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!

Have a wonderful summer!!! ☀️

Mrs. Clark-School Counselor