



SEPTEMBER NEWS

Social Emotional Learning Newsletter

Welcome to the 2022-2023 school year! Your Northwood Support Staff is here to help make it a great year! Reach out if you need some extra support.

School Psychologist: Mrs. Clark, aclark@wscschools.org

School Social Workers: Ms. Fitzpatrick, bfitzpatrick@wscschools.org & Mrs. Reedy, ereedy@wscschools.org

School Counselor: Mrs. Parzych, lparzych@wscschools.org

Back to

Back to School Time Can be Rough on Kids and Parents!

After spending all summer with family, the transition back to school can feel like you are starting all over, even if your child isn't new to the back to school routine. Try some of these tips to reduce some of the back to school fear and anxiety:

-Check your feelings at the door. Children are perceptive. If you are feeling nervous or uneasy about the school year, your child will feel it too. Find time to express your feelings separately and also model appropriate coping strategies.

School Tips! ★

-Make goodbyes quick. Long and repeated goodbye rituals can prolong your child's fear about you leaving them at school. A hug and a kiss and "have a great day" are great ways for your child to start their day.

-Write an encouraging note. Packing a short note in your child's lunchbox or backpack can give them something to look forward to.

-If possibly, send your child on the school bus rather than driving them to school each day. This will help with separation anxiety and help them to become more independent.

Practicing Healthy Habits!

*Establish consistent routines for morning wake-up, after school, and bedtime.

*Attendance Matters! Regular school attendance is crucial in helping to determine your child's success in school.

*Sleep is important! Children ages 5 to 12 should sleep between 10-11 hours per day. Poor or inadequate sleep can lead to irritability, mood swings and behavioral problems which can significantly impact a child's ability to learn and perform successfully in school.

*Encourage exercise & a healthy diet! Be active and make sure you are eating a healthy diet and drinking enough water.

*Get involved! Join the PTA and attend school functions.

*Communication is the key! Maintain ongoing communication with your child's teacher and school staff.

*Do not wait to reach out if your child is struggling, support is available.

