

# WELCOME BACK SuperCubs!

## Cypress Elementary

### 2016-2017

#### SCHOOL COUNSELOR CT

Back to school time can be tough on kids and parents.



After spending summer with friends and family, the transition back to school can feel like you're starting all over. If you or your child is having a difficult time, here are a few tips to help ease into the school year.

**Model confidence-** If you are really nervous or scared to drop your child off, they will feel that too. Modeling confidence in them (and you) is a great way to help them feel confident and successful.

**Write encouraging notes-** Packing a short note in their lunch or backpack can be a great surprise for your child.

**Avoid walking your child in after the first week-** There will be opportunities for

**Make goodbyes quick-** Long goodbyes can prolong your child's fear about you leaving them at school. A hug, kiss, and a wave goodbye will make it easier and eventually become routine!



Tired of one-word answers when talking to your kids?

TRY the following Conversation Starters:

\*What was the best/worst part of your day?

\*Tell me what made you laugh today.

\*How did you help someone today?

\*What did you play/do at recess?



"When you know better you do better." Maya Angelou



We have more great Counselor Connection lessons planned for the 2016-17 school year. Thanks to the *Laurens Kids* foundation, now our K-5th grade students will be learning how to be Safer, Smarter Kids. Each lesson is designed to educate, inform and empower students to recognize what is safe and unsafe around them.

If you would like more information visit [www.Laurenskids.org](http://www.Laurenskids.org)

\*Our 4th and 5th grade lessons will also focus on character education and connecting to each other and their world.

### Say a Big Hello

to our new Cypress Elementary School Leaders. Pictured below are students who have been selected to go above and beyond their classroom setting to make a positive impact on our school. On August 5th, students attended a four hour Leadership Orientation to learn teamwork and leadership skills they'll use serving younger Cubs as either a Cub Crew Leader, Peer Mentor, or a Cub Ambassador Team (C.A.T.) member. These Cubs will practice their very best leadership skills throughout the 2016-17 school year. The teams are lead by Mrs. Jones and Mrs. Allen and will be recognized not only by their willingness to help around the building, but by their brightly colored team t-shirts. If you see one, try to say "Hello" before they do! Their mission is to make your day!



Make this year fantastic! Call or email with any questions!

Mrs. Allen, School Counselor