

WELCOME BACK CUBS!



SCHOOL COUNSELOR CT

Cypress Elementary

2015-2016

Back to school time can be rough on



We have some great lessons planned for the 2015-16 school year. Thanks to the *Laurens Kids* foundation, our K-3rd grade students will be learning themes focused on developing skills for staying safe, as it relates to the expansion of a child's world. This curricula includes videos, in-class activities and parent education materials.

If you would like more information about Lauren's Kids, visit www.Laurenkids.org

Our 4th and 5th grade lessons will focus on character education and connecting to each other and the world around them.

Tired of 1-word answers when you ask your child how school was?



TRY These Conversation Starters:

What was the best/worst part of your day?

Tell me what made you laugh today.

What was the coolest place at school?

How did you help someone today?

What did you play at recess?

Make this year fantastic for you and your child! Please call or email with any questions!

Mrs. Allen: School Counselor

kids and parents.



After spending summer with family, the transition back to school can feel like you're starting all over, even if your child isn't new to the back-to-school routine. Here are a few tips to ease back into the school year!

- **Make goodbyes quick-** Long goodbyes can prolong your child's fear about you leaving them at school. A hug, kiss, and "have a great day" can help relieve anxiety and will eventually become routine.
- **Model confidence-** If you are really nervous or scared to drop your child off, they will feel that too. Modeling confidence in them 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 you to come into their classroom, but your child needs to believe they can do it on their own.

