

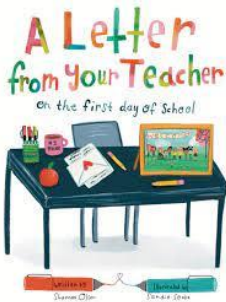
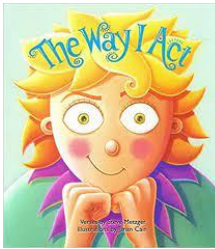
COUNSELOR'S CORNER

Central Bucks School District – Elementary Schools
Social-Emotional Learning (SEL) Newsletter
August/September 2022

Topic: Welcome Back!

Welcome back to school! We are so excited you are here! It is going to be a fabulous year 😊.
Here are some tips to get started on the right foot:

Books



1. Establish a morning routine & a bedtime routine.

It's a great idea to practice a couple weeks before school starts – practice getting up in the morning, dressing, eating breakfast, lunch in backpack, etc. Practice turning off electronics before bedtime, laying out clothes at night for the next day, reading their favorite book, etc. Children thrive on routine because it makes their daily lives feel predictable and more at ease.

2. Communicate ahead of time.

Ask your child what they are excited about at school. Ask what they might be nervous about. Start talking about school now.

3. Get involved!

Look for special events in the Gayman Gazette and get your child involved at school. Perhaps even have them try something new! This is a great way to get acclimated to the school, make new friends, and develop new skills.

4. Celebrate the new school year

Consider a special celebratory item or event – could be baking a special dessert, letting children pick their favorite restaurant, or a special movie night. You could also have your child create a special first day of school poster and take their picture with it.

5. Reach out!

Our team is here to help your child and to help you! The anticipation of a new school year, new faces, and maybe even a new school and new friends, can be scary and nerve-racking. We understand and we are here. Reach out anytime.

Liz Meier, Student Support Counselor, emeier@cbsd.org

WELCOME BACK!

We're glad you're here!

