

School Counselor News Letter



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MESSAGE FROM MRS. HOWER

I would like to give all of you a warm welcome to the 2016-2017 school year! I hope everyone had a wonderful summer. I am happy to be back for my second year as the school counselor here at Christ the King! I was lucky enough to spend the summer with my family, and during my off time I was able to put together some exciting new classroom guidance lessons. I would encourage you to check out my section of the Christ the King website periodically this year as I will try to keep you up-to-date with lessons and activities that I do in your child's classroom. I will also be putting a monthly newsletter on the website to keep you in the know about groups and clubs (such as Bridges). The newsletter will include different school-related tips and tricks!

The link to the Counselor's Corner is <http://www.ckschool.org/parents/counselors-corner>, or you can find it under the **PARENT** or **STUDENT** tab on the homepage.

Sincerely,
Mrs. Hower



SCAN THIS QR CODE TO HEAR ME READ
THE INTRODUCTION ☺

THESE TIPS ARE A GREAT WAY TO
HELP YOUR CHILD PREPARE FOR A
SUCCESSFUL DAY AT SCHOOL:

Contact Mrs. Hower

- Email: shower@cktoledo.org
- Phone: (419) 475-0909
EXT 214

BACK TO SCHOOL BASICS

- ✓ Eat a healthy breakfast- it is way easier for a child to pay attention in school if they have had the right things to eat in the morning. Try offering whole grains and a protein such as milk, eggs, cheese, or peanut butter (Avoid too much sugar).
- ✓ Use a large wall calendar to stay organized- it is easy for everyone to forget all that needs to be done in a day! Include homework due, tests, after school activities, and other programs/appointments so everyone knows what to prepare for!
- ✓ Prepare the night before- it is much easier to get out the door in the morning if you have your child lay out what they need for school the next morning.
- ✓ Establish homework expectations- Let your child know that homework is a priority. Setup a specific place and a specific time for them to do homework each day. Once a routine is established it will be less stressful for your child to complete their homework.

✓ Help teach your child to be organized- Encourage them to fill out their assignment books (or even create a TO DO list). This will deter any "surprise" homework assignments that had been forgotten ☺

✓ Get Involved!- Volunteering at your school whenever you can is a great way to show your child that you are interested in their education.

✓ Make attendance a priority- Too many tardies can send your child the message that being on time is not important. Too many absences can leave your child behind in the classroom. Once a child believes that staying home is a possibility, it will inevitably make getting to school on a daily basis a struggle.

✓ Talk to your child about school- Ask your child about their day. Be specific, and avoid asking questions that can be answered with a yes or no. For example, instead of "did you have fun at school today?" try saying, "tell me one fun thing that happened in school today." You will get a lot more information with the second question.

✓ Make sure your child is getting enough sleep- I am sure that over the summer your kiddo has gotten used to staying up late and sleeping in! Get them back into the routine of going to bed at a reasonable time.

Check out the sleep chart on the
next page! →

*Here is a chart to help you see the ideal (age-appropriate) time for your child to go to bed. Cut it out and keep it somewhere as a reminder!

				Wake-up	Time		
	6:00am	6:15 am	6:30 am	6:45 am	7:00 am	7:15 am	7:30 am
				Sleeping	Time		
Age							
5	6:45 pm	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm
6	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm
7	7:15 pm	7:15 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm
8	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm
9	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm
10	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm
11	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm
12	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm
13	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm	10:00 pm	10:15 pm
14	9:00 pm	9:15 pm	9:30 pm	9:45 pm	10:00 pm	10:15 pm	10:30 pm

