



**From the desk of Mrs. Bella,  
your School Counselor**

May 2023

Did you know that beyond seeing students for individual sessions your School Counselor provides classroom lessons, small group counseling and whole school or grade level activities to address the areas of career, social-emotional, and academic needs.

As a school counselor I also attend parent meetings, grade level meetings, SAP meetings, PBIS meetings and many other meetings. I create reports and analyzes data to determine the impact on student outcomes.

Please feel free to contact me:  
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What are you looking forward to this summer?  
What are your children looking forward to? Make a summer bucket list as a family and then check off each event as you complete it. Some examples include:

- Going to the park
- Going to the library
- Swimming
- Hiking
- Riding bikes
- Having a picnic

**Time-Management**

Does your child know how to manage their time? With the school year drawing to a close, summer can be the perfect time to practice routines to help your child manage their time. Juggling chores, summer reading, athletic practice, and family time is a great way to learn time management in the summer so they can be successful when school starts in the fall.

Fun ways for children to practice coping skills over the summer.

- ★ Blow bubbles
- ★ Coloring, draw or paint
- ★ Playing a family game I spy, tag or basketball
- ★ Going for a walk, run or hike
- ★ Put on some music and dance
- ★ Jump rope or hula hoop
- ★ Do some yoga or stretching
- ★ Journal your thoughts and feelings