

Maywood Schools

School Counseling Newsletter

BACK TO SCHOOL 2023



Welcome to the 2023-2024 School Year! This year there are big changes coming to Maywood Public Schools. Our teachers are working hard to make sure that they are up to date with policies and procedure changes at both of our schools. We would like to dedicate this newsletter to these changes. It is important that we have our school community involved in supporting our staff and students. This newsletter will focus on strategies to help with attendance/tardies, behavior and screen time use. There is more important information also included so we hope you enjoy our newsletter.

Ms. Byrnes and Mrs Blundo

What to say...

WHEN
HOMEWORK IS
LEFT UNFINISHED

Try our 3C Method!

1 Connect to yourself

Take a deep breath.
Focus on a long exhale.

BREATHE

"My child needs my help."
"I can do this."
"We're on the same team."

MANTRA

2 Connect to your kids

"First homework gets done, then we watch TV. Need help with that?"

"What's the next step you need to take on your homework?"

"I notice you have homework left to finish."

"It looks like something about this is difficult. Do you want some help?"

3 Collaborate outside the moment

"I noticed it's tempting to watch TV when it's homework time. I'm on your side and would love to work on some ideas to help you focus on homework first. Let's make a list."

gozen.com

It's 30 minutes before bedtime when you find your child's homework is still half-done. It may be time to check out this Parenting Rewind.

Maywood Public Schools

- [Attendance Policy](#)
- [PBIS @ Memorial School](#)
- [Code Of Conduct](#)
- **Lunch and Recess No Technology**
- **The continuation of building updates at both schools**

Positive Behavior
Supports at Memorial School
(PBIS)

PBIS is an approach schools use to promote school safety and good behavior. With PBIS, schools teach kids about behavior expectations and strategies. The focus of PBIS is prevention, not punishment.

Memorial School's Hawk
Expectations are:

Be Respectful Be Responsible

Be Safe

You will see these expectations posted and taught throughout all areas of Memorial. To reinforce these expectations students will receive Hawk Honors Tickets. These tickets will be used to guide our new Red and White Student Assembly. We are excited to celebrate all of our Hawk Honor students!

COFFEE WITH A COUNSELOR-

Join us for **Coffee with a Counselor**, a fun and relaxing way to get important information out to our parents.

Thursday October 5th at 9AM

Hosted by Mrs. Blundo

**Discuss important
HIGH SCHOOL
transition information.**

[Google Meet Link](#)



DO YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school and themselves. Start building this habit in younger grades! so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

October in Maywood **Safe Schools Month**

Week of Respect

10/2 - 10/6

Dress Up Days(link)

Maywood Avenue Respect

Parties

Thursday 10/19

Grades 4 & 5

Wednesday, 10/18

Grades 6/7/8

Red Ribbon Week

10/ 23 — 10/27

Dress- Up Days(link)

Mix It Up Day

Wednesday 10/25

Practice Mindfulness **with your Maywood** **Counselors**

Use the link below to practice an activity to help with stress. Then try a breathing technique we use at Memorial School.

STAR BREATHING-
it's a quick exercise that can be used anywhere.

S-top, T-ake a deep breath, And R-elax!

Try this Quick Doodling activity to help De-Stress
Mindful Doodling

Screen Time Advice from the American Psychological Association

Check out the attached article and video for information on handling screen time for your children.

[Keeping Kids Safe on Social Media](#)

CHECK IT OUT

Our School Counseling websites are full of great information and resources. Find info on: Family & Parenting groups, enrichment opportunities, virtual counseling offices, dealing with anxiety & much more!

Maywood Avenue School- **<https://www.maywoodschools.org/Page/4920>**

Memorial School-
<https://www.maywoodschools.org/site/Default.aspx?PageID=183>

New and Improved Virtual Calm Room- **[Calm Room](#)**