

DMS- SCHOOL COUNSELING NEWSLetter

September 2022

Happy September! I don't know about anyone else but I feel like September is flying by this year! The month of September we are focusing on getting back into the routine of school. I am going into classrooms to introduce myself to our new students and remind everyone the best ways for them to contact me.

Each grade level has their very own Google Classroom for me. For 6th graders they are the School Counseling Classroom - Class of 2028-2029. 7th Graders are School Counseling Classroom - Class of 2027-2028. Finally the 8th graders are of School Counseling Classroom - Class of 2026-2027. In each of these classrooms there is a form to fill out a request to make an appointment with me. The student can either fill out this form or send me an email at jreynol1@dryden.k12.ny.us. They of course can still always ask a teacher or the office to come see me.

The best way for parents to stay up to date on their student's grades, assignments and other information is to access the parent's SchoolTool account. SchoolTool can be found right on the district website under parent resources. The SchoolTool-Parent guide can be found on the counseling site. This guide will help parents and guardians navigate how to set up a SchoolTool account. I suggest checking this website at least once a week so there are no surprises at the 5 week progress report or at the end of the marking period.

If your student is struggling with an assignment and you are unsure how to help them. PAPER -Tutoring is available to help assist your child at any time and the best part is, it's free for Dryden students to use! You can have your child access this from their Chromebook or you can also find a link for it on the counseling page as well.

Getting back into the swing of a routine can be challenging for both students and families. Here are some quick tips on how to ease into a back to school routine.

- **Dedicate a Place for School Necessities**

- ❖ Have a dedicated place in your home for your child's school necessities? Keeping backpacks, supplies, lunchboxes, Chromebook/ charger and school forms in the same space stops the scramble of searching for misplaced items. Put your child in charge of emptying and hanging up their backpack each day after school. Have them plug in their Chromebook before bed to ensure it is charged and ready to go to school the next day.

- **Establish a consistent SLEEP schedule**

- ❖ Weekend schedules should be similar to weekdays to ensure they're getting enough sleep. Keep in mind anxieties often come out around bedtime. Help your children create an age appropriate sleep routine that helps them calm their minds and prepare for bed.

- **Create a morning routine**

- ❖ Create a morning routine to maximize efficiency and decrease stress. Teach kids their responsibilities including getting up and out of bed, getting dressed, eating breakfast, brushing teeth, etc .

- **Encourage your student to get involved!**

- ❖ Encourage your child to participate in clubs, sports or Dryden Youth Programs with Dave Hall. Connection to school can be crucial for students. Resources for these can also be found on the MS counseling page.

- **Become part of the SCHOOL/HOME Partnership**

- ❖ When teachers and families partner together to support student achievement, students earn higher grades, attend school more regularly. This collaboration also fosters more motivated students. Young people maintain higher educational aims and lower rates of dropout later on. Parents can participate at school by helping with functions and activities, or just maintaining communication with teachers. They can also be involved at home in many ways, including guiding their children to manage homework, other commitments or responsibilities and engaging in discussions about values and attitudes regarding education.

- **Make meals together a priority**

- ❖ Every Sunday night take a few minutes to plan your week together. This includes putting family dinners on the schedule so there is time built in for a meal together. Extracurricular activities and work might interfere with a traditional sit down dinner but even 15 minutes together to connect can go a long way. If your schedules are too hectic to allow family dinners, try having breakfast together in the morning. Eating breakfast together a few times a week is better than nothing.

Adjust these tips and suggestions to fit your family dynamic. Again please feel free to contact me if you have any questions or if there is anything I can do to assist you and your child.

Sincerely,

Jessica Reynolds

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