

# MOUNTAIN POINT ELEMENTARY

# COUNSELING CONNECTION

## BACK TO SCHOOL

It's that wonderful time of year! Mountain Point Elementary's halls are already bustling with activity as teachers prepare their classrooms, new students register for classes, and faculty and staff attend meetings in preparation for the upcoming school year.

We know students are preparing for school too. Here are some tips to help your student be school ready:

- **Practice school routines.** Students should practice their school bedtime and wakeup time routine. Consider starting this routine a week or two before school begins.
- **Get to know teachers.** Teachers want to help your student succeed. If you have any concerns about your student's needs in the classroom, please contact their teachers.
  - **Back to School night.** Join us *August 19, 5:30-7:30 pm*
  - Meet teachers
  - Get to know administrators
  - Tour the school

## AFTER-SCHOOL FUN

Adding structure to after-school time can provide predictability and security for your student(s). Here is a sample after-school schedule:

- Snack
- Homework Time
- Free Play
- Chores
- Family Dinner
- Bath
- Bedtime

**FIRST DAY OF SCHOOL: AUGUST 21**



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### 7 STEPS FOR SCHOOL SUCCESS

- Check grades often.
- Use a planning system.
- Complete homework on time. Create a routine.
- Turn in your homework on time with your name on it!
- Ask questions. Teachers want to help.
- Be here! Come to school every day ready to learn.

## AUGUST COUNSELING CLASSROOM LESSONS

### K-1ST

Meet the Counselor - Mrs.  
Potato Head activity

Zones of Regulation  
Review  
Jeopardy

### 2ND - 5TH

### 6TH

Bully Prevention Review  
Jeopardy  
Be the Change

### HOME CONNECTION

K-1st: Review the role of the school counselor  
2nd-6th: Ask your student about things they like  
to do. These often become our go-to coping  
strategies. Make a list together.

### COPING STRATEGY

#### Five Finger Breathing



Practice 5 Finger Breathing together

Contact Mrs. Bills if you have questions, concerns or would like to review the classroom guidance curriculum. I welcome to opportunity to meet with you.

## COMING SOON - SEPTEMBER GUIDANCE LESSONS

K - Friendship Skills

1st - Zones of Regulation Lesson #1 - Introduction to the Zones and that all Zones are okay.

2nd-4th - Zones of Regulation Review activity - review lessons taught from last year to see how much students remember.

5th - Bullying Prevention Introductory Lesson: Class Rules. Students will learn about being respectful and responsible and which class rules help encourage this behavior.

6th - Riding the Waves lesson 1 - Introduction to Riding the Waves, Introduction to emotions

## SCHOOL COUNSELING WEBSITE

We have a new website! Check out our Mountain Point Elementary Counseling website. Here you will find more information regarding all things counseling at our school, meet the school counselor, request a meeting, visit our virtual calming room, access parent resources, and more. Check it out: <https://sites.google.com/jordandistrict.org/mpe-counseling>



### SCHOOL COUNSELOR:

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