



COUNSELING CONNECTION



Welcome to the 2021-2022 school year Creekside families!

I am excited to be Creekside's new School Counselor! I have been overwhelmed by the kindness of the students, parents, and staff here at Creekside and I look forward to working with all of our Geckos!

With the start of the new school year and transition back to campus; over the next few weeks, you and your child/children may be feeling a variety of emotions: excited, happy, anxious, hesitation, worry, and fear. Know that our staff is here to support you and your family!

Tips to support the transition back on campus

Make and Practice a Goodbye Ritual:

Plan how you and your child will say goodbye in your car or before they walk to school. Maybe it's a big hug followed by a high five. Maybe it's a quick secret handshake. Practice your goodbye ritual for brief separations.

Stick to a Routine:

Regular bedtime routines? Important. Predictable morning routine? Super important. Stick to a routine to give your child a comfortable schedule leading up to school. Make sure your child is on time for school so they can participate in morning routines too.

Show Excitement:

When you talk about school and the changes ahead, show your child that you're excited! Instead of focusing on the separation with statements like, "I'm really going to miss you while you're at school," say things like, "I can't wait to hear about all the things you learn!" to let your child know that school experiences will be exciting and fun.

Validate Feelings:

If your child expresses some sadness or worry about going to school, validate their feelings and let them know it's okay to feel that way. Encourage your child to think of ways to solve his or her problem. For example, "If _____ happens, what could you do?" or "Let's think of some ways you could handle that situation."

Model a Positive Goodbye:

Finally, when it's time to say goodbye, do your goodbye ritual and then model a positive goodbye. Give your child a big smile with a confident posture, tell them you can't wait to hear about their day, and then say goodbye. Your child will pick up on your positive energy.

Rainbow of Respect

This year's theme is A Rainbow of Respect. This theme symbolizes all that Creekside stands for: Happiness and joy, a sense of welcome, inclusivity and understanding, and promise and hope.

Parent Workshop

Be on the lookout for information on an upcoming FREE Parent Workshop presented by the PUSD Elementary School Counseling Team!



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