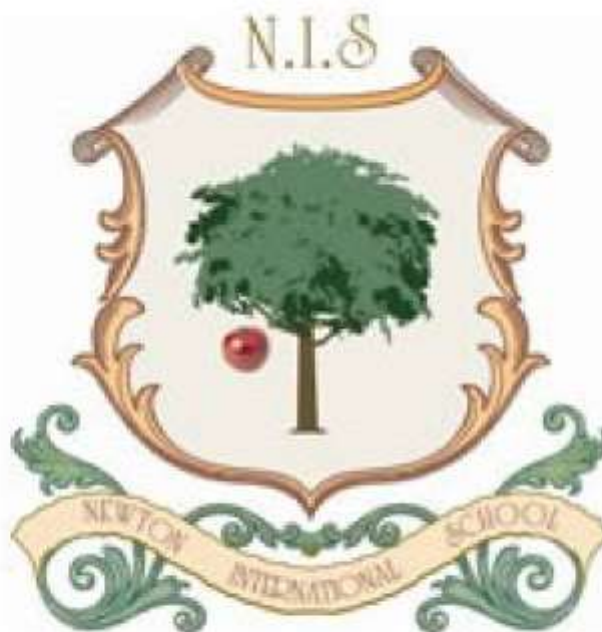


# NEWSLETTER

## Newsletter-From School Counsellor



## NEWTON INTERNATIONAL SCHOOL

*Dear Parents/Guardians,*

*Welcome to another school year. 2020-2021 will test our resolve and patience from day one!*

*Transitioning back to school is an event filled with emotions for child and parent. Your child may be excited about the new year, including all its challenges, or apprehensive, or any emotion in between. In addition, the degree to which your child experiences an emotion can be vast.*

*The impact of Covid-19 has meant that teachers, parents and students have experienced a large number of significant changes in a short period of time. The next big change will be the return to school and face to face interactions with other students and teachers. The thought of this may be a little unsettling for some students and their parents. I have some ideas that may help you to make the return to school a little easier.*

## ***1-LISTEN TO YOUR CHILDREN/STUDENTS***

*The best way to reassure someone who is feeling worried about the transition back to school is to first listen to their concerns and acknowledge that their feelings are valid. Provide reassurance that whatever they are feeling is OK.*

## ***2-A PROBLEM-SOLVING APPROACH***

*Once your child/student has had the opportunity to tell you about their feelings they can be encouraged to focus on what they can do to manage their concerns. Particularly with older children, a problem-solving approach can be helpful.*

## ***3-LOOK TO THE POSITIVES***

*Encourage your child/student to talk about the things they enjoy and value about going to school. This will be unique to every child*

## ***4-SHARE THE INFO!***

*Provide as much information about returning to school as possible. School will be different than it was before we left in March. Sharing examples of timetables, physical arrangements and some fun activities that are coming up during the year will be helpful. Information about the precautions being taken by school staff to ensure the safety of students and staff is reassuring.*

## ***5-BE PREPARED***

*Start moving waking and bedtimes closer to those of a regular school day. Ensure school clothes are washed and ready to wear from the first day of school. Remind children of the school day routines that they will be returning to shortly. You could spend some time reflecting on the new routines that they have enjoyed recently.*

*Using some or all of the strategies I've mentioned will help you and your child/students to manage the transition back to school well. If you feel that you need further help you can talk to your child's teacher or the school counselor. Please find the following link to the "Counselor's virtual office" where you can find additional strategies and SEL lessons for your children. The resources will be bi-weekly updated. Stay tuned!*

*<https://docs.google.com/presentation/d/1euqhjacHC8dUZYowfchrwMvHD5s8XWGbY6fV5Gtpoc/edit#slide=id.p>*

*If any referral forms fill it up and send it directly to my email [naseredines@nislagoon.com](mailto:naseredines@nislagoon.com).*

*Please do not hesitate to contact me if any help is needed.*

*Kind regards,  
Suzan B.Naseredien, Ph.D-c  
Counsellor*

*"Educating the mind without educating the heart is no education at all."-Aristotle  
"An international community of learners striving for excellence and celebrating success."*