



# Skyview Middle School

.....

## April Newsletter 2021

As we get ready to move into hybrid classrooms, it perfectly lines up that April is National Stress Awareness Month. Whether your student is coming back to hybrid or staying online only, it will be an adjustment for all. We lead our students/children through this next chapter. When we are extremely negative and judgmental about how things have been going, they will follow our lead (even though it seems like they look to us less now - they do still look to us!). If we take all the negative, difficult and painful feelings and still try to make the best of the way school will change starting April 19th, our students/children will learn from us and follow. Nobody believes any of this has been easy but we fully believe, if we focus on encouragement, our students will be much better off. If you need support, please feel free to reach out to your student(s) counselor for referrals.

We hope all of you have a well-deserved, relaxing break. We know the counseling team speaks for all of us at **Skyview** when we say, we can't wait to see so many of your students in-person. The excitement is overwhelming! We will continue to fully engage and support all students that do online only school too.

### **\*Counselor Connections - Time to discuss the new schedule starting April 19**

The counseling team has a group for students every Wednesday at 1pm. Usually, we play games, do riddles and talk. This week, we will be talking with students about the new schedule, taking questions, trying to calm any fears, etc. We hope your student can make it! <https://nsd.zoom.us/j/99244930257>



### **In this issue:**

- 1. National Stress Awareness Month/Getting Ready for Hybrid**
- 2. Spring Break Camps**
- 3. Parent Education Zoom Lectures**

## Helping Your Student Succeed in a Hybrid Model (many points are helpful at home too!)

### Key Points:

1. Stay calm: How you act and what you say is what your student will model. This does include older students. Although there are many difficulties and probably things you may not agree with, being as positive as possible will help your student.
2. Review safety guidelines with your students and practice mask-wearing: Make sure your student understands the seriousness of following safety guidelines and why it is expected of them. When kids understand the why behind something, they are more able to follow the guidelines instead of feeling like it's adults taking control of them.
3. Structure, structure, structure: Your student will be the most successful if there is a plan in place for the morning, school day and when they come home. This is the same for online days and online only school. Having a set homework time and some set family time is great for students.
4. Have your student take computer breaks: Computer breaks are so important for all of us. Even if your student goes outside on their trampoline, runs up and down the apartment stairs or just does something inside that's not on the computer, that time away is so important.
5. Help your child connect with peers: While your student will see others at school and in the classroom when they are on zoom, they will still need more connections. Please consider resisting taking away all phone or computer time as a consequence. This is their way to connect right now - ours too!

For the entire article, go here:

[How to help your child succeed in a hybrid learning model](#)

## Mental Health & Social-Emotional Wellbeing Considerations from the CDC

### (all points taken from the CDC, our points in bold)

\*Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch) - **this doesn't affect us since we won't eat lunch at school.**

\*Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal. **Use open-ended questions to get them to talk!**

\*Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits,

difficulty concentrating, which may be signs of your child struggling with stress and anxiety. **Reach out to your students counselor if you notice things that concern you.**

\*Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.

\*Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school. **Your point of contact is us - the school counselors.**

\*Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups. **We will do a variety of things to help students adjust to hybrid school.**

\*Check if your school will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety. If not, consider asking about ways to add this to your child's at-home learning. **We will continue to do social-emotional lessons to support students.**

\*You can be a role model for your child by practicing self-care:

◦ Take breaks ◦ Get plenty of sleep ◦ Exercise ◦ Eat well ◦ Stay socially connected

For the entire article, go here:

[Back to School Planning and Packing COVID-19](#)

## **Top 10 Stress Busters for Teens**

"As teens feel the pressure to succeed in a nation that promotes competitiveness, they may be losing out on something very important: their [childhood](#). Why are we pushing our youth so hard? How can we teach them to cope? Following are 10 tips to help them deal with the everyday pressure of stress."

*Eat Healthy	*Sleep	*Get Moving	*Me Time	*Friend Time
*Find Balance	*Go Outside		*Take a Breath	
*Find Your Sense of Humor			*Get Your Zen On	

For the entire article, go here:

[Top 10 Stress Busters for Teens](#)

## **Spring Break Camps**

\*Art Camp:

<https://www.paintandpartycrafts.com/spring-break-art-camp>

\*Art Camp:

<https://www.arworkshop.com/event/?loc=millcreek&ev=226401>

\*Baseball Camp (7-12 year olds):

<https://www.leagueathletics.com/Page.asp?n=47839&org=whsbaseball>

\*Soccer Camp: Call or Email ([office@northshoresoccer.org](mailto:office@northshoresoccer.org), 425-486-5106)

<https://www.northshoresoccer.org/page/show/5524923-calendar>

## **Upcoming Parent Lectures/Education**

\*Lecture with Dr. Ruth Feldman Parent-Child Attachment Shapes Brains: Tues, April 6th at 10am

[How Parent-Child Attachment Shapes Our Brains Tickets, Tue, Apr 6, 2021 at 10:00 AM](#)

\*Lecture with Jo Langford on Cancel Culture: Tuesday, April 20th at 6:30pm

You can register and watch a recording later also

[The Rise of Cancel Culture: A Talk for Parents + Teens](#)

\*Lecture with Nate Klemp, Ph.D and Kaley Klemp 80/80 Marriage: Thurs., May 13th at 7:00pm

[The 80/80 Marriage: Shifting From Fairness to Radical Generosity](#)

For those of you coming to campus for hybrid learning, we can't wait to see you! For all of you staying online, we will continue to support you. Have a wonderful spring break!



The SMS Counseling Team

Gini Scott	Jeff Dennis	Jenny Booth	KevinTjoelker
Counselor (A-Go)	Counselor (Gr-Ka)	Counselor (Ke-O)	Counselor (P-Z)
425-408-6889	*no number	425-408-6821	425-408-6879
<b><u><a href="mailto:gscott2@nsd.org">gscott2@nsd.org</a></u></b>	<b><u><a href="mailto:jdennis@nsd.org">jdennis@nsd.org</a></u></b>	<b><u><a href="mailto:jbooth2@nsd.org">jbooth2@nsd.org</a></u></b>	<b><u><a href="mailto:ktjoelker@nsd.org">ktjoelker@nsd.org</a></u></b>