

# St. Joseph's Batavia



## SEPTEMBER 2021 NEWSLETTER

### Welcome back!

I really cannot believe that I am writing the first newsletter already for the 2021-2022 school year. I hope you and your family took these last 2 months to relax and refresh to prepare for another exciting and eventful school year. Maybe you went camping, went to an amusement park, spent time with family, went swimming...whatever you did, I hope it was FUN. I am so excited to be back for my 3rd year providing social-emotional learning to the students. I look forward to a successful year filled with learning, teaching, and GROWING!

-Mrs. Terranova



### Inside this issue:

- Back to School Tips
- Mindfulness
- Social Worker News
- Important Phone Numbers/Resources

# Back to School Tips for New and Returning Students

- Ask for help from the school-if you have any concerns or questions, try to contact the school a week or two before school starts.
- If your child is nervous (new situations or new school), this NORMAL. Take them to visit the school a few days early. Remind them that there are other students who may be feeling the same way.
- BE POSITIVE. Remind your child of all the positive aspects of starting school: seeing old friends, meeting new friends, talk about their summer, meeting their teacher, etc.
- Attend any orientations or meetings before school to get comfortable.
- Create a sleep/wake schedule for your child to get used to a new school routine.
- Have your child eat a nutritious breakfast for better concentration and energy throughout the day.
- Schedule some time after school to talk with your child about how their day went.

[HealthyChildren.org](http://HealthyChildren.org)

## Tackling 'Back-to-school' Anxiety: TIPS FOR PARENTS

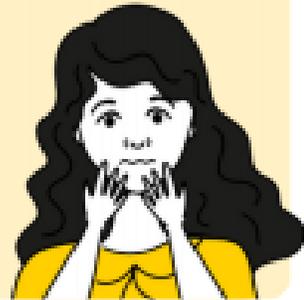


- 1** Re-introduce your child to the regular routine, well in advance
- 2** Empathise with your child's fears and anxieties, and address them
- 3** Help your child set realistic goals for the year
- 4** Make sure your child views school as fun
- 5** Involve your child in the preparatory activities
- 6** Encourage bonding with school friends

# DISCUSSING BACK TO SCHOOL WORRIES WITH YOUR CHILD

## THINGS TO REMEMBER

- ✦ **Worries are normal.**  
The goal is not to avoid worry but to help children learn how to manage it.
- ✦ **Keep your own worries in check.**  
Learning to manage your own worries can help you be present for your child.
- ✦ **Discussing worries do not amplify them.**  
Generally, discussing worries with children helps relieve their fear.



## A FEW QUESTIONS TO START THE CONVERSATION

- "What are some things you are looking forward to about school?"
- "When you think about the first day of school, what comes to mind?"
- "What feels hard about going back to school?"
- "What makes going back to school easier or better?"
- "Is there anything you wish you could change about going back to school?"

### LISTEN

Avoid minimizing feelings: "That's not a big deal" or "Why are you worried about such a silly thing?"

### LIMIT SOLUTIONS (TO START WITH)

Avoid jumping straight to solutions. Give kids time to vent their feelings. Then brainstorm together: "What are some ways you could handle that?", "Would you like me to suggest some ideas for that situation?"

### ASK NON-JUDGMENTAL QUESTIONS

Avoid leading with questions that could be seen as judgemental or that children probably cannot answer: "Why are you so worried?" "Why do you feel that way?"

### HELP THEM FEEL CONNECTED AND SAFE

Reinforce your love and support. "Is there anything I can do to make the first day easier for you?" "I'll be thinking of you when you are at school.", "I'll be waiting right by the bus stop when you come home from school."

# Let's talk MINDFULNESS

**Mindfulness:** the ability to bring your attention back to the present moment.

**Why is this important?**

It allows us to observe our thoughts and feelings and create self-awareness.



## How do we practice MINDFULNESS?

**Breathing:** taking deep breaths to relax your mind and body. You can use a pinwheel, bubbles, balloons, and pretending with a candle.

**Body scans:** helps recognize when our body is in a calm vs. tense state. Have your child tense up all of their muscles for 10-15 seconds. Have them release their tense muscles and relax. Ask them how they feel!

**Take a walk:** Being outside helps children be present in the moment and calm their bodies. Point out different smells or sounds.





# News from the School Counselor

## Introduction

I wanted to introduce myself to the new families that may not be familiar with my services here. My name is Mrs. Ally Terranova, LMSW and I have been working through Catholic Charities as the school social worker here at St. Joe's for 2 years now. I provide individual counseling, small groups, and classroom group lessons focusing on social-emotional learning. I am here 3 days a week from 7:45-2:45. If interested in any of my services, please feel free to contact me at any time!

**Phone: 716-387-3340 or Email: [aterranova@sjsbatavia.org](mailto:aterranova@sjsbatavia.org)**

## Student Screenings

I will be sending home screening forms (similar to last year). These forms are to get an idea of the needs of families/students. A letter will be sent home with more information.

## Updates

I will be going on leave sometime in October and will hopefully have a replacement for me while I am out. More information will be provided.



## My website

<https://sites.google.com/sjsbatavia.org/mrsterranova/home>



Above is my website created for parents (and students) to get access to resources, crisis numbers, or fun social-emotional learning. You can also contact me through there by using a support form if you need any support from me during the school year.



# Resources and Phone Numbers

Crisis Services

585-283-5200

**Text: 741741 \*Call 24/7**

Mental Health Association of  
Genesee & Orleans Crisis Hotline:

**1-844-345-4400**

**Genesee County Mental Health 585-344-1421**

**Genesee County Social Services 585-344-2580**

**Youth Bureau 585-344-3960**

**Genesee YWCA 585-343-0143**

**Autism Support Club 585-815-8501 x414**

**Life Bridges Trauma Support Group 585-344-2611**

**Survivors of Suicide 585-344-2611**

**GriefShare Support Group at  
Northgate Free Methodist**

**585-343-4011**

**Cancer Support Group 585-344-5494**

**Neighborhood Legal Services 585-343-5450**

