



Sarah Skemp, School Counselor, JDPS

Holidays are a special time of year. With the upcoming time off from school, I hope the days are filled more with joy and less screen time. More sugar cookies and less sibling squabbles. More giving and less tattling. It can be challenging to forego routine when there is no school but please do not forget the importance of a schedule (to include snack time, setting aside time for reading- to your children or just have them read themselves or siblings reading to one another, as well as ample sleep). **Also, adults need to find ways to de-stress, take time for yourself (*it is not being selfish*).** Check out our school website (Counseling Dept) for Tips for Adults to Manage Holiday Stress. If the adults in our students' lives are happy, students will be more likely to be happy too! ***One way to spread happiness is sharing riddles with your children:*** 1: A harp has four of something, while a guitar has six of them. What are we talking about? (Letters); 2. There is something that you own which other people use way more than you do. What is it? (Your name); 3. How do you make the number 66 one-and-a-half times bigger without doing any math? (Flip it upside down); 4. What do you call an elf who sings? (A wrapper); 5. What is a parent's favorite Christmas Carol? (Silent Night). 6. What does a snowman like to eat for breakfast? (Frosted Flakes). Although it may not be possible for all of our dreams to come true, I wish the very best for all of our families.