

Counselor's Corner

May 2024

Get Ready for Summer!

Summertime signifies more than just a break from school for our kids. Freedom from the routine can also create some stress for both parents and kids. Here are some tips to strike that right balance while kids are on summer break.

Create a Schedule

Kids do well with routine and predictability. A daily schedule can be placed someplace central in your home so that it can be easily accessed and referred to.

Summer Wish List

Collaborate with your child to create a list of things to accomplish over the summer. Check off the goals as you complete them.

Stay Involved

Summer is a great time to slow down and also try new things. Consider enrolling your child in a new class or camp they have expressed some curiosity.

Venture Outside

Take advantage of the daylight and the weather. Nature is awe-inspiring and so beneficial for all of us. What are you waiting for? Get outside!

Stick to Screen Time Limits

Talk with your child about what the expectations are around screen time over the summer **before** summer begins.

Maintain Responsibilities

Help your child learn to take responsibilities with chores around the house. This helps kids learn skills and builds their confidence and boosts self esteem by feeling good about their contributions.

Read, Read, Read!

Reading is beneficial to kids in so many ways. Take advantage of the free summer reading programs that our local libraries and Bookshop Santa Cruz offer for all readers.



(831) 429-1456

<https://www.hvesd.com/>

Upcoming Events

5/1 2024/2025
Kindergarten Parent
Meeting
8:30 am MPR

5/8 Board Meeting
3:30 pm MPR

5/14 Spring Concert
10:40 am

5/14 Coffee with the
Principal
2 pm Gazebo

5/15 Parent Club
Meeting
6:30 pm Zoom

5/16 Open House
5:30 pm

5/23 6th Grade
Graduation
5 pm

5/24 Last Day of
School
12:45 pm

Ideas to Promote SEL Skills

We all know that kids benefit from continued reading and practicing math skills over the summer, but did you know you can also help your child practice their social skills with intention too? When going out to eat, encourage your child to order their own meal or ask a cashier how much something costs at a store. Allow your child to set up their own hang out time with friends by calling, rather than making the arrangements for them. If you are lucky enough to go on vacation, encourage your child to introduce themselves to other kids to see if they want to play. These are just a handful of ways to build social and emotional intelligence. You can also see more ideas in the guide to the left.

Journal Recommendations

Journals are a great way to process and make sense of emotions, communicate and organize ideas, and reflect on experiences. Here are a few of the many journals out there aimed for kids. Click on image for more details!

5 FUN Ways to Stay Social and Build Emotional Intelligence This Summer!

Take care of the world around you.
Enjoy a walk out in nature at a park or trail and help keep it clean by getting some gloves and a trash bag and picking up litter.

Build, draw, create!
Make a list of imaginative things you can do on rainy summer days! Try origami, learn an instrument, build a cardboard robot, make up a new dance!

Become an expert!
Pick one thing to get really good at! Maybe it's baseball, drumming, baking or computers. Summer is a great time to explore and get some know-how!

Make someone smile!
Think of three people you're thankful for. Make something for them, write them a card, or just tell them what they mean to you. You'll feel as good as they will!

Grow strong and healthy!
Ditch the soda, candy, and potato chips. Learn to make some healthy meals and cook some for your family. Play some basketball, jump rope, or go for a walk.

For more character education advice and to see how our custom online Social-Emotional Learning curriculum is changing children's lives, visit RespectfulWays.com

