



Counselor

Connection Newsletter

MARCH 2020

2 READ ACROSS AMERICA DAY/DR.
SEUSS'S BIRTHDAY

2-6 NATIONAL SCHOOL BREAKFAST
WEEK

8 INTERNATIONAL WOMEN'S DAY

21 INTERNATIONAL DAY FOR THE
ELIMINATION OF RACIAL

DISCRIMINATION

22 WORLD WATER DAY

March is Women's
History Month



Our history is our strength

Learning about women's
tenacity, courage, and

How To Manage Student Stress

Happy March! I am sure we are all feeling stressed right now, getting ready for Illinois Assessment for Readiness (IAR), participating in school wide events, and just managing the day-to-day issues that come up. Ways to manage student, staff or parent stress:

- **Limit homework overload-** avoid piling on too much homework on the same nights or scheduling tests on the same day.
- **Keep Moving-** moving around the room, working at "stations," taking stretching breaks, etc.
- **Play Music** (positive, uplifting)
- **Schedule Time to Organize** can help you feel more in control.
- **Listen to your student-**Even five minutes going over concerns
- **Ensure the right amount of sleep-** In addition to improving physical and emotional health, sleep reduces student inattention, and aids student learning and memory skills
- **Serve a healthy diet-** processed foods and foods containing sugar may be linked to sleep problems and depression
- **Incorporate exercise into the day-** CDC recommends at least one hour of exercise per day for children and

creativity throughout the
centuries

Amelia Earhart

adolescents to strengthen cardio
fitness and keep depression and
anxiety at bay.

- **Model Self-care**-The best way to
teach children these self-care
strategies is for parents to follow
them too!



Mrs. Yolanda Talley
John C. Haines School
Professional School Counselor