



**MBES**

# Counselor's Corner

Welcome to Medlock Bridge's Counselor Newsletter!

As we gear up for a new year to begin it can be difficult to get back into the school routine. I have listed some suggestions to help ease the transition....

**Eat healthy!** – Starting each day with breakfast is the best way to fuel the body. If you tend to run late or your child says he/she isn't hungry, insist on a "grab and go" breakfast such as fruit or a granola bar.

**Get organized!** – This will help reduce family stress. You can establish a routine and teach your child responsibility by making sure they are prepared for the school day.

**Get plenty of sleep!** – Establish a regular bedtime. Being firm about the bedtime will let your child know that it is non-negotiable. Build wind-down activities (reading, journaling, talking, etc) into your routine. Research suggests that children between the ages of 5 and 12 should get 10-12 hours of sleep each night.

**We are looking forward to a great year!**

## Guidance Lesson Topics

We will be focusing on what a counselor's role is in the school and teamwork.

**August 2013**