



# WELCOME TO KINDERGARTEN

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School Counselor

# THE ROLE OF THE SCHOOL COUNSELOR

- **Classroom Counseling**

The foundation for classroom counseling instruction of life skills meets the American School Counselor Association national model in the domains of :

Academic Achievement  
Career Exploration  
Personal/Social Growth

- **Small Group Counseling**

Students may attend counseling with groups of students who have common interest or concerns. Counselors receive referrals from parents, teachers and administrators. These groups may include, but are not limited to the following topics:

Peer Relations  
Changing Families  
Social Skills  
Anger Management  
Self-Esteem  
Study/Organization Skills

- **Individual Counseling**

Personal, social and academic counseling are available during the school day. It should be noted that individual counseling is not therapeutic in nature, as it is beyond the role of the school counselor to conduct in-depth, on-going individual sessions. .

- **Parent Consultation**

School counselor are available by appointment to assist parents with concerns regarding their students.

- **Responsive Services**

Counselors respond to the needs of students, staff and community in times of crises.

# HELPFUL TIPS FOR KIDS

**Decrease or phase out naps.** For preschoolers who still take a nap, begin decreasing nap time so that he/she will be ready for a full day by the time kindergarten starts.

**Establish bedtime routines.** Resume the regular bedtime routines about a week before school starts to help ease the kindergarten transition. If you let your child stay up a little later during the summer, for example, gradually get back to the bedtime you will expect when kindergarten starts. Talk to your child about why you are doing this and how it will help his/her back-to-school transition.

**Establish a morning routine.** Do a “dry run” of the new morning routine, whether it is walking to the bus stop with your child, driving to the new school, walking together to the new classroom, etc. to see how much time it will take. Remember, school preparation almost always takes more time than you think, especially when the unexpected happens. Inevitably they will have to go to the bathroom the minute you are ready to walk out the door!!

**Plan time for breakfast.** Having a good breakfast before leaving for school is important. Be sure to adjust your morning schedule to account for the extra time for your child to enjoy breakfast or make a plan for your child to eat at school.



# TIPS FOR PARENTS

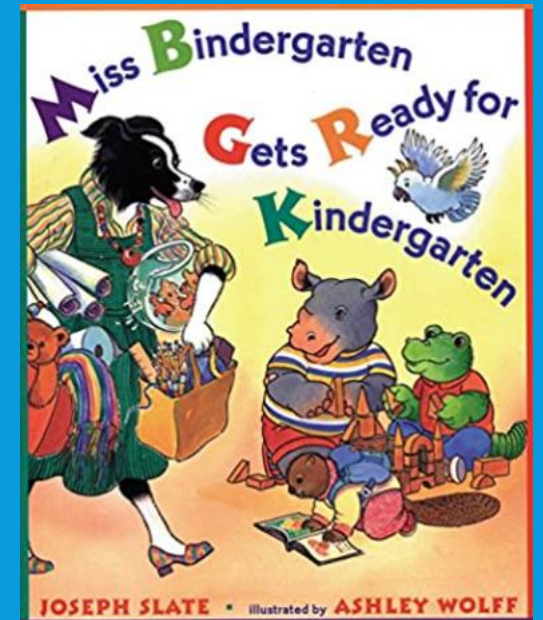
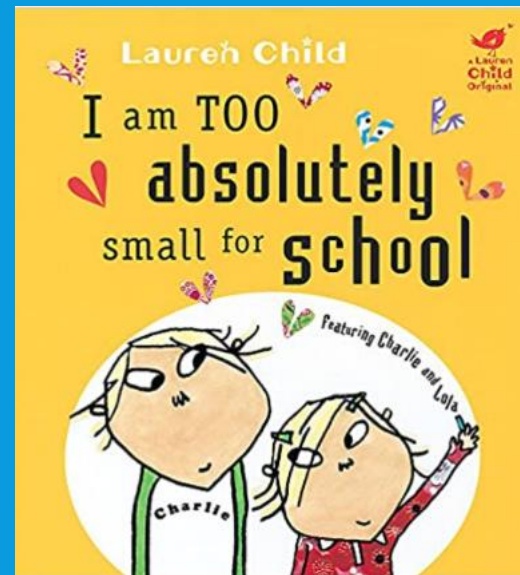
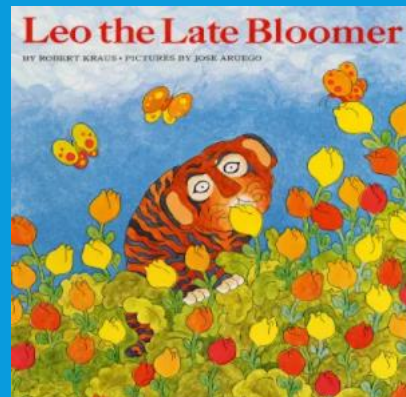
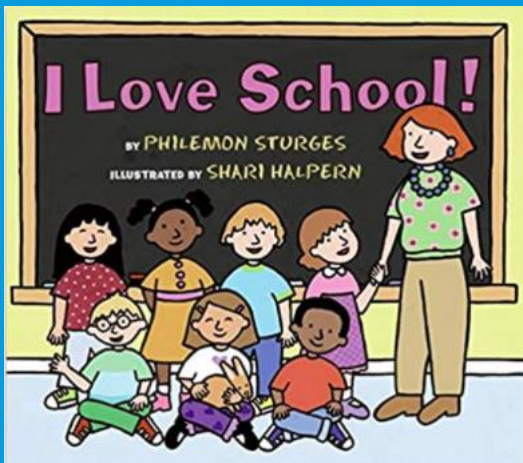
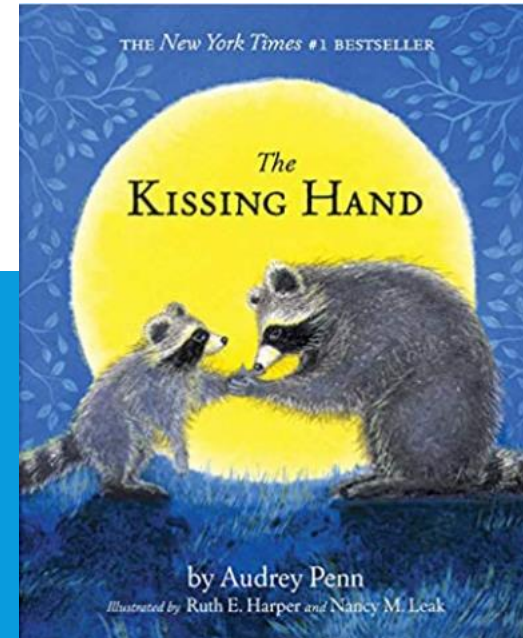
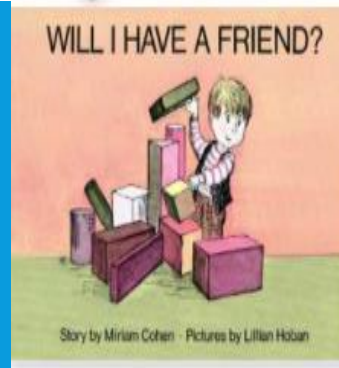
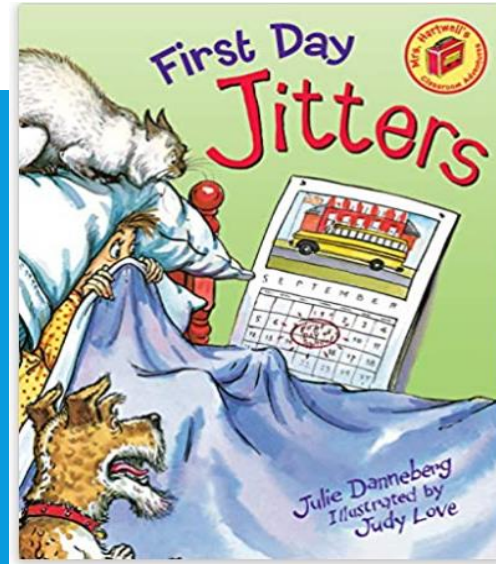
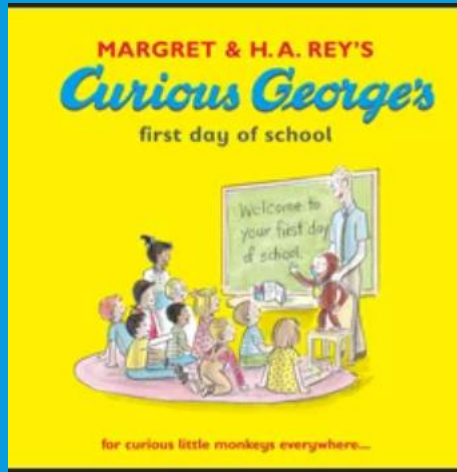
Are YOU ready for Kindergarten?? Check yourself- you child will be watching you!!! If you ask them 14 times if they are worried about starting Kindergarten... they are going to start thinking they should be!!!

- Helpful Articles:
- [Stressed About Your Kid Starting School?](#)
- [Eight Ways You Can Ease Your Anxiety](#)

Tea and Sympathy



# HELPFUL BOOKS



WE CAN'T  
WAIT TO  
SEE YOU!!!

Even though this may be your first time sending your child to kindergarten, our kindergarten teachers, paraprofessionals and administration have a combined total of over **250 years** of experience welcoming new students to the first day of Kindergarten!!!! We got this!