



# EAGLE EYE COUNSELOR CONNECTIONS

Ms. Jennifer Stephens  
Ms. Amber Brown



Transitioning from elementary to middle school is both exciting and challenging. Things are going to be different but they're also a mark of moving forward, so they are going to be fun and interesting if you allow them to be. While change is hard for everyone, keeping an open mind and actively being prepared to learn new things and meet new people will set you in good stead for enjoying this transition to the big league.

Here are some tips to help make your child's transition to middle school successful:

**1. Encourage self-advocacy.** Self-advocacy is one of the most important skills your teen will learn over the next few years. Speaking up for himself or herself and knowing how to ask for what they need is a critical, lifelong skill.

**2. Allow your teen to struggle.** This one is always hard for parents, and for good reasons. We don't like to see our children struggle. Our instinct is to jump in and rescue. However, we all know that the greatest lessons in life come from learning from our mistakes, and if our goal is to raise children to become strong, independent adults, we need to learn to let them stumble.

**3. Encourage positive risk-taking.** Middle school is the perfect time to try new things, and becoming comfortable with taking positive risks is another critical skill in teen development. Some ideas for middle school risk-taking include:

- Try a new sport.
- Join a club or start a new one
- Expand your circle of friends.

**4. Keep your communication and connection strong.** Even with all of this new independence, your teen still needs you. In fact, I would argue that he or she needs a strong connection with you now more than ever.

Remember, Children take their lead from the energy of their parents. The attitude you project will be the attitude they absorb. These next three years will be an unbelievable transformation! Prepare for it, brace yourself for it, but most of all, enjoy it!

*\*taken from <https://www.goodtherapy.org/blog/tips-for-parents-on-a-successful-transition-to-middle-school-0902155>*

*Additional Resources: <http://michelleinthemiddle.com/>*



## Things To Remember

⇒ May 1- Teacher Workday/ Principal's Day



⇒ May 6-10- Teacher Appreciation Week

⇒ May 8- Walk and Bike to School Day

⇒ May 9- School Store

⇒ May 10- Principal Coffee Chat @9:15AM

⇒ May 10- Eagle Dads Carpool

⇒ May 16- Character Tea @9:15AM

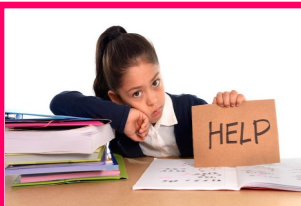
⇒ May 24- Eagle Dads Carpool

⇒ May 27- Memorial Day (No School)

⇒ June 5- 5th Grade Promotion Ceremony

**MEMORIAL DAY**  
REMEMBER AND HONOR

**Enjoy Memorial Weekend**



## End of Grade testing is coming...

But don't stress about this educational milestone because we have tips to get your Eagle ready (see other side)

## When it comes to high stakes testing...

**DON'T FORGET**  
to  
**BREATHE**



- B**reathe deeply
- R**est well the night before
- E**at a healthy breakfast
- A**lways read the directions
- T**ake your time. No need to rush
- H**ave confidence in yourself
- E**nergize by stretching during breaks



## HOW DO WE INSTILL HOPE ?

One of the most important ways that parents/ guardians can build hope in children is to provide a good attachment experience. Parents are the initial objects of attachment which establishes feelings of security and mastery. Failure to do so can result in children that have social withdrawal, learned helplessness and poor stress tolerance.

Attachment allows a child to develop trust, openness, and connectedness. These points will help:

- ♥ Availability  
Children thrive on reliabil-

ity and caretakers who anticipate their needs because they know their child's communication style.

- ♥ Presence

Quality time is about being emotionally focused and not just there.

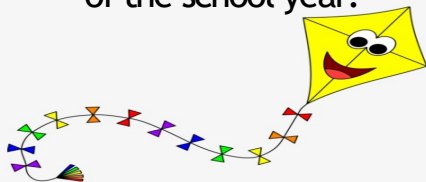
- ♥ Contact

Be sure your parental style allows emotion-coaching and not emotion-dismissing. An involved parent is attuned to a child's emotions. Hope is also enhanced by repeated positive rituals.

\*taken from "Keys to Building Hope in Children: Part One" by Anthony Scioli, Ph.D.

## Time really flew by this year...

Ms. Stephens and Ms. Brown recall their favorite moments of the school year:



*It has been an amazing year! I'd like to celebrate our Power of Kindness week and College and Career Spirit Week! Also, 5th grade Career Day was a HUGE success!*



*The Kindness Campaign was a highlight for me and the amount of items donated to Levine Children's Hospital warmed my heart! Our donation brought the Coordinator to tears.*



## Children's Books about Hope



Audience	Title	Author
Kindergarten	A Chair for My Mother	Vera B. Williams
1st Grade	I Hope You Dance	Mark D. Sanders
2nd Grade	Owl Moon	Jane Yolen
3rd Grade	Song of the Swallows	Leo Politi
4th Grade	Tree of Hope	Amy Littlesugar
5th Grade	Chicken Soup for the Soul: Stories of Hope	Jack Canfield