

Counselor News

By: Sara Bruhn, School Social Worker/Counselor

Are you ready for summer? I know I am ready for the warm weather and spending time with my family. Here are a few tips to help you and your child have a wonderful, safe, and fun summer vacation!!

Ready

- ~ Sunscreen is available to all children and adults in family.
- ~ Water bottles are available so children get enough liquid to drink.
- ~ Appropriate supervision is lined up before the summer starts.
- ~ The rules for Internet usage, having friends over, going to friends' houses, and T.V. watching are established and understood before the summer starts.

Respectful

- ~ Your child uses kind words.
- ~ Your child listens to all adults.
- ~ They follow the rules established at home, the beach, park, library, and any where else you may go.
- ~ Your child introduces you to their friends, so you know who they are hanging around.

Responsible

- ~ Your child knows how to get a hold of you in an emergency and also knows who they should call.
- ~ They wear their helmet when biking, rollerblading, or skateboarding.
- ~ They go to the pool, lake, park, or splash pad with a buddy.
- ~ Your child gets at least 8 hours of sleep during the night.
- ~ They are able to get outside and exercise.
- ~ They are not playing video games or on the Internet all day.

Summer is a good time for your child to explore their interests- such as T-ball, basketball, or art camp. Keeping your child involved in positive activities and following these simple hints will help them continue to be the All Stars that they are!!!