AES Counseling Connection

**Fall 2018**



Dear Parents,

Welcome back to another year at AES! I hope that you enjoyed a relaxing summer vacation with your child and are excited about getting back in the routine of school.

In preparation for the new school year, here are some tips to get ready:

1. Visit the school. Become familiar with the building and faces of the school personnel.
2. Introduce yourself to your child’s teacher. Ask about the preferred method of communication and be involved!
3. Make homework a priority and a daily habit. Find a quiet and consistent place where your child can complete their homework. If your child is struggling,

make an appointment with their teacher sooner rather than later.

4. Prepare a study area. Set up a special place to do homework. Remove distractions. Show interest and praise your child’s efforts to complete homework on time.

5. Take charge of TV and technology time. Limit the amount of time you let your child watch TV and use technology and monitor what they are watching and the sites they are on.

6. Get everyone to bed on time. Proper rest is essential for a healthy and productive school year. Be consistent and get them back in routine as soon as possible.

7. Make healthy meals or make sure that your child eats breakfast. No one can focus when they are hungry. Either insure your child eats breakfast at home or at school.

8. Attendance is critical! Students cannot learn if they are not here. Please try to schedule appointments for an after school time and make sure that your child is arriving to school on time each day.

Monthly Topics for counseling class:

August: Responsibility

September: respect

(grades 6-8 will have suicide prevention and awareness lessons during the month of september)

october: Respect continued and Red Ribbon Week

Here is a link to the flyer for information on Red Ribbon week

<https://aescounselingconnection.weebly.com/red-ribbon-week.html>



As always, thank you for allowing me the privilege of serving as your child’s counselor at AES. I am always available to talk with students or parents as you have need. Please contact me at school at 823-5921 or kaldridge@overtoncountyschools.net.

Mrs. Kerri Aldridge,

School Counselor