

The Travell Counselor's Corner



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[Travell School Counselor Website](#)

September: Getting the School Year Off to a Great Start!



Communicate with your child's school.

Reach out with questions and concerns, or just to stay hello! Ask how you can support your student at home or get involved with other school activities. Consider joining the HSA, if you have not already.

Be aware of what your child is doing and who they are spending their time with.

Know where your child is going and who they are playing with after school, both in person and on their video games. Keep an eye on who they are messaging, etc. Be mindful of the language and conversations you might be hearing.

Eat dinner together.

This can be hard. Sports practice, work schedules, etc. But the bond and relationships that grow from this family time can really lead to healthier families and kids. Eating together provides an uninterrupted time to talk about everyone's day, communicate needs, and enjoy each other- which can be especially important during the busiest seasons of life. Even just a few nights a week is great!

Make a home for everything.

Organization is key. Have a drop off/pick up station for shoes, lunchboxes, bookbags, etc. Empty the book bags to make sure that important papers are seen and signed, trash is recycled, and assignments are reviewed. Getting everything ready for the next day at night can help everyone have a smooth morning.

Create a structured time and place for homework.

Just like organization, having a place and time for homework really helps. Some may be able to do it as soon as they get home so that they can move on and have some free time. Others may have to wait until later due to scheduling of other after school activities. As long as you have a set routine in place, it does not much matter when it gets done.

TALK to your child.

Ask your child open ended questions which require more than a yes or no answer. Try, "Tell me about the best part of your day." This keeps lines of communication open and keeps you involved in the day to day details of your child's life.

Get Involved

Whether it's a church/temple group, sports, scouts, or any other type of club or hobby, try to get your child involved with something they can call their own. Providing them an outlet outside of school to socialize with other peers is beneficial for both their physical and mental well-being.

Be Thankful and Supportive

We are still working through challenging times. Everyone needs kindness and support. Support other parents in your neighborhood. Thank your child's teacher. Listen to and encourage your child when they are having an emotional time. Support and spend time with your family when times are tough. We ALL deserve a "job well done" for showing up each day. Taking the time to uplift others as well as ourselves is always important.

