

HEATLY NEWS

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THE END OF ONE CHAPTER; THE START OF ANOTHER

The end of a school year can bring forth many emotions for students and teachers alike. Each grade has its specific difficulties. Your child may grow attached to their teacher, their classroom, or, if they are graduating, their familiar and comfortable place. As the school year comes to a close, be on the lookout for terminating issues that may arise as your child prepares for the next step, be it first grade, high school or college.

Keep the lines of communication open with your child. Ask how they feel about moving on to the next grade. If they show hesitation or anxiety, allow them to speak on it. Remember that their fears are very real

and important to them.

“Moving Up” ceremonies often take place in “milestone grades” (i.e. kindergarten, sixth grade). Make it a point to acknowledge and congratulate your child for a job well done at the end of the school year, to make him/her feel excited and ready to move on to the next step. A formal ceremony need not take place, but perhaps a family outing to celebrate the end of a good school year will suffice.

If your child seems upset to leave his/her teacher, remind him/her that they can always visit their teacher the following year. Allow your child to choose (or make) a special gift or write a letter to their teacher may help

your child as well.

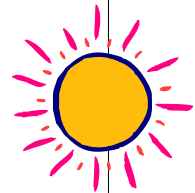
Younger siblings or relatives can be used for your child to discuss all of things he/she completed during the school year and what they have to look forward to. Knowing that there will be other students who need to learn with the particular teacher will give your child added closure.

For the graduating seniors, transitions can be quite difficult. Give your child space and time to process truly leaving the school that they have grown so close to. Reminiscing about past events, making a scrapbook or keeping a journal are all good ideas to keep their emotions positive.

Contact Our Office!

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Need More Info?

If you feel that your child may have a difficult time transitioning at the end of the school year or may have a hard time terminating relationships, please do not hesitate to contact our office! We would be more than happy to help!

WHAT TO DO IN THE SUMMERTIME?

With eight weeks of free time during the summer, you may wonder what to do with your kids. There are several options for your child to keep active while still having fun. Albany.com offers a list of summer camps in the Albany area and surrounding regions. Summer camps

can be a day or overnight program. Many colleges in the area offer programs, focusing on academics or sports. The College of Saint Rose offers camps programs in music, technology, science and theater for kids in grades 6-10. The YMCA offers summer programs for kids ages 4-14 at

many locations throughout our region.

For More Information:

www.cdymca.org

www.strose.edu/summeracademy

www.summeroncampus.com