



Heatly Newsletter

Welcome Back to Heatly!

Let's make this school year great! All students, from kindergarten through high school, can improve their academic work by first improving themselves. Building a positive self concept plays a major role in how well a student performs academically. Here are a few ideas to help your student succeed:

~ *Develop healthy relationships.* "What did you learn at school?" "Nothing." Sound familiar? Have an open line of communication between you and your child. Asking open-ended questions (questions that can not be answered with a "yes" or "no") can help to find out what is going at school. Be someone who your child feels comfortable talking to. Be sure that

your child has someone they feel safe talking to, if they are unable to talk to parents/guardians.

~ *Understand and express feelings.* It's perfectly normal to feel mad, sad or happy, sometimes all at the same time. Be sure your student knows what to do with their feelings of anger or frustration. Taking a deep breath, counting to ten or taking a walk are good ideas to deal with anger.

~ *Build positive school habits.* Having a routine after school will ensure your student does his/her best. Helping your child with homework, studying for a test together or reading before bedtime are ways to show that you care about their school and they should too.

~ *Set goals.* Setting goals are sure to help improve anyone's work ethic. Whether it be small (remembering to make your bed) or big (acing that big test), it's good to have something to work towards. As the child's parent/guardian, you can encourage your student to follow through with their goals and help them to succeed.

~ *Cope with difficult changes.* If there is a change happening in your family, be sure provide a resource to your student, at home and school. Be available to answer questions, to best of your ability, or ask our office to help you and your child through a difficult time.

Welcome to the Social Work Office!

Here at Green Island, we want to help your child develop into the best person they can be. Our on-site school social worker, Kendell Hardy LCSW, works with students who may need a little help with difficult problems. Individ-

ual and group therapy is available to work through issues of grief, divorce, peer related problems, and other "tough stuff". We provide referral services when we see fit. We strive to provide your child with all of the support they may

need during their time at Green Island School. Feel free to stop by or call our office with questions or concerns. We would be more than happy to meet parents and children, individually or together. Our door is always open!

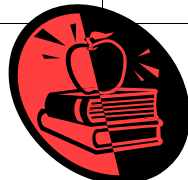
Contact our office:

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Look for new issues throughout the year!

Throughout the school year, this newsletter will address tips on coping with common problems for parents and their children. If you would like additional information or have a suggestion for a new topic, please do not hesitate to contact our office. Some newsletters will have separate issues for younger and older students. We look forward to hearing from you!