

COUNSELLOR'S CORNER

And then it was June... Hi everyone! Miss. S here with this month's mental and emotional health information for you and your family during this unique time of COVID-19.

It has been brought to my attention that as we move towards the end of the school year, for some students it doesn't really feel normal to be moving on to the next grade. This is normal because of how different things are right now with not being physically at the school to end a year and say goodbye to teachers for the summer.

Transitions are hard enough without having a crazy pandemic getting in the way, so I thought I would provide a few ideas to try and make it feel like the end of a school year!

>>> *Write the end of your school year chapter* – Being able to write things out helps not only when studying, and journaling your emotions, but also when you are trying to organize your emotions and make them feel okay. Like a story book, you can write the end of the chapter, so that moving into the new chapter feels right! It might help you feel like you have officially entered into the summer and can be ready for a new school year! PLUS, you control the ending, so your story can sound as happy and magical as you want it to be! For younger students, maybe you can write it with your parents help, and this can be a fun way to spend time together!

>>> *Create an "End of School" Ritual* – Maybe it feels like you need to 'do something' for it to feel like you are done school. Talk with your parents about what that 'something' could be! It could be that you have burgers and ice cream together as a family to celebrate the summer being here. Or maybe it could be that you store away your papers and books from this year, getting rid of the things you no longer need. I expect that part of what makes it feel like the end of the school year, is when you can say goodbye to your friends; so maybe talking with your parents to see if you can have a physically distanced 'Goodbye for the summer visit' with your friends on their front lawn or on their sidewalk.

>>> *Summer Schedule* – Creating a summer schedule of events or things to look forward to might be a way that feels like it is the end of the school year and summer is here. Structure and predictability are some things that everyone likes to some degree, so having plans that can be counted down towards, will help make it feel exciting and these activities are unique to summer. OR it could be that the countdown to when school starts again, begins, and activities that will lead up to the beginning of school; i.e. new school shoe shopping, school supplied shopping, planning snacks and lunches that would be yummy for when school starts etc. are just some ways that could create structure and predictability and make it feel like the transitions between school years is as normal as possible!

Closing out a school year, without the normal or typical school year activities and rituals makes everyone feel out of sorts, so don't worry you aren't alone! So, I hope one of the ideas above can help with that transition and help everyone have the best summer possible .

We are all in this together! As always – please don't hesitate to be in contact with me if you have any questions, or would like to connect.

Warm regards and prayers of continued health,

Miss. S

