

APRIL 2021
MONTE VISTA ELEMENTARY SCHOOL
TEMECA GREEN, SCHOOL COUNSELOR
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SUPPORTS & LINKS

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- Counselor Check-In Form
- Community Resources
- Free Mental Health Concierge
- April Virtual Library



Stress Relief in Children

As your child continues to adjust to the changes and different expectations, you might see changes in their attitude, behavior, and emotions. Here are a few tips for helping your child manage their stress:

- Recognize that a negative attitude or poor behavior choices can be a result of stress. This doesn't mean that your expectations for respectful behavior should change.
- Acknowledge your child's stress. Let them know you understand that change can be hard.
- Listen to your child. Let them tell you about their school day, the good parts and the bad parts.
- Help them identify their feelings. Are they frustrated, mad, sad, confused, overwhelmed? Finding the correct feeling word(s) can help reduce stress.
- Validate their feelings. Never tell them they shouldn't feel a certain way. Tell your child about the importance of school and doing their best, even when it's hard or they don't want to. Hold firm to your expectations.
- Try not to take away their stress for them by letting them stay home from school or doing their homework for them. This will not help them in the long run.
- Talk about stresses they can control vs. stresses they can't. Write them down and 'get rid' of the ones they can't change (rip them up, throw them away, put them in a box).
- Help your child develop a growth mindset and positive self-talk habits. When they're stressed, they can begin to talk themselves through it - "I can do this," "I am good at this," "I've gotten through this before," or "I'll try my best."





World Autism Awareness Day

AUTISM AWARENESS DAY IS OBSERVED ON APRIL 2. THE DAY RECOGNIZES AND SPREADS AWARENESS FOR THE RIGHTS OF PEOPLE WITH AUTISM. THE UNITED NATIONS SANCTIONED DAY WAS CREATED TO INCREASE UNDERSTANDING AND ACCEPTANCE OF PEOPLE WITH AUTISM, FOSTERING WORLDWIDE SUPPORT. THERE IS NO BETTER WAY TO CELEBRATE THIS DAY THAN BY BECOMING AWARE OF THE CHARACTERISTICS OF PEOPLE WITH THIS CONDITION AND HOW ALL OF US CAN DO BETTER TO INCREASE OUR OWN UNDERSTANDING AND PROMOTE KINDNESS. IN APRIL 2021 AUTISMSPEAKS.ORG IS INVITING THE COMMUNITY TO #LIGHTUPWITHKINDNESS. FOR MORE INFORMATION VISIT THEIR WEBSITE WWW.AUTISMSPEAKS.ORG.



April is the Month of the Military Child. This awareness month was established to underscore the important role children play in the Armed Forces community.

There are approximately 2 million military children, ranging in ages from newborn to 18 years old; over 1 million military children are school-aged. Care of military children sustains our fighting force, and strengthens the health, security, and safety of our nation's families and communities.

Military families make remarkable sacrifices as they deal with separation from their families and make adjustments to new living situations and communities. Military Families exemplify strength, resilience, and courage. We appreciate and acknowledge the incredible contributions that our Military Families at all of our MVUSD schools make to our Nation.