

Counseling Connections

Message from Your School Social Worker

Since the stay at home orders were put into place we have missed out on so many celebrations, or they just haven't been the same.

With the end of the school year approaching, there will be many celebrations for students that we'll want to find unique ways of honoring and celebrating their accomplishments. For many of these students, they have been looking forward to being promoted or graduating all school year. The idea of not having a formal ceremony is devastating not only to the students, as well as, the parents.

While many schools have been discussing how they're going to celebrate the class as a whole, we want to focus on what you can do as a family to make your student feel special.



Special Honor

Honor your student individually in a huge way. Some ways to honor your student are:

- Cover your yard with Celebration Yard Signs
- Hang graduation party decorations throughout your home
- Order them a special meal from their favorite place
- Arrange a video party with their friends and other graduates. Apps like Zoom, Google Hangouts, and House Party are great for getting groups together.
- Sent them a personalized graduation card. Here are some card ideas:

https://drive.google.com/file/d/1hQr_mhvOB8Tq6nvoMiYCarK3U3i0Zy-E8/view?usp=sharing

<https://drive.google.com/file/d/1BPL5dY9-eyLE8EnVodZyDyu0hu-NH4ci/view?usp=sharing>

Neighborhood Celebrations

Many other students in your neighborhood are missing out on these celebrations too. You can work with you HOA, Management Company, or neighbors to have a community-based celebration that also follows social distancing guidelines. Some ways to celebrate are: neighborhood car parade, block/street party where families celebrate together in their own yard, and a neighborhood food truck delivery.

The Final Push

Although they're almost done, it's important to encourage and expect your student to continue doing their best. You can help your student by having them:

- Follow a daily routine that includes a regular bedtime and wake up time
- Attend remote learning classes
- Focus on completing & turning assignments
- Stay physically active & maintain a healthy diet

Joke of the Week



Where to Get Help

As we're approaching the end of the school year, it's important to continue focusing on mental health now and throughout the summer. For additional resources please contact your school's counselor or social worker.

IL Suicide Prevention Hotline - Text "Talk" to 552020
National Crisis Hotline - Text "Home" to 741741
AMITA Behavioral Health Services 855-383-2224
www.auntbertha.com – Search engine for free & reduced community support services