

COUNSELOR NEWSLETTER



WELCOME BACK

Why Elementary School Counselors?

School counselors play an important role in ensuring that students have excellent educational experiences. The elementary school years set the foundation for developing the knowledge, attitudes, and skills necessary for children to become healthy, competent, and confident learners. Elementary school counselors have an impact on these years by implementing a school counseling program and collaborating with school staff, parents, and the community to create a safe and respectful learning environment. By providing education, prevention, and intervention, school counselors help their students achieve academic success, develop an understanding of opportunities, and develop social/emotional skills in response to situations they face. Elementary school counselors hold a master's degree and require state certification in school counseling.

COUNSELING SERVICES

- Short Term Individual Counseling
- Classroom Lessons
- Small Group Counseling
- Crisis Response
- Consultations with stakeholders
- Student Events and Activity Planning
- Parent Workshops



CONTACT ME



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MEET YOUR COUNSELOR



MRS. HERNANDEZ

Hello Barrington Families!

I am excited to start the 23-24 school year at HBE! **GO EAGLES!** This year my goals are to continue to build relationships and promote a positive school culture for all as well as provide classroom lessons on SEL and college and career readiness.

A little about me: This is my tenth year in the field of education. My second year serving as the school counselor at Hurd Barrington Elementary. I enjoy cooking, shopping, and spending time with my family!

SEPARATION ANXIETY

Separation anxiety is a common developmental state that many children experience. It is a normal part of a child's emotional development, but it can be challenging for both the child and the parent. Here are some strategies to help you and your child as they transition to school.

BE PATIENT AND REASSURING

Be patient with your child's emotions and provide reassurance that you will always come back. Let your child express their emotions and validate their feelings. Acknowledge that feeling sad or anxious is okay.

CREATE A PREDICTABLE ROUTINE

Children feel more secure when they know what to expect. Establish a consistent daily routine for getting ready for school and for drop-off and pick-up.

AVOID LENGTHY FAREWELLS

Prolonged goodbyes can make the separation more difficult for both you and your child. Once you say goodbye, leave promptly and confidently.

BYE

SAY GOODBYE

Always say goodbye to your child when leaving, even if they are upset. Sneaking away may lead to increased anxiety and distrust. Keep your goodbyes brief and positive.

STAY CALM

Children can pick up on their parents' emotions. Stay calm and confident during drop-offs to help your child feel more at ease.



Remember that separation anxiety is often temporary, and most children adjust to the school environment quickly! By keeping yourself calm and providing support, understanding, and patience, you can help your child navigate this new stage more smoothly. Please feel free to contact the school counselor with any questions or concerns.



ANSIEDAD POR SEPARACIÓN

La ansiedad por separación es un estado de desarrollo común que experimentan muchos niños. Es una parte normal del desarrollo emocional de un niño, pero puede ser un reto tanto para el niño como para los padres. Aquí hay algunas estrategias para ayudarlo a usted y a su hijo en la transición a la escuela.

SEA PACIENTE Y TRANQUILIZADOR

Sea paciente con las emociones de su hijo y asegúrele que siempre volverá. Deje que su hijo exprese sus emociones y valide sus sentimientos. Reconozca que sentirse triste o ansioso es normal.

HAGA UNA RUTINA PREDECIBLE

Los niños se sienten más seguros cuando saben qué esperar. Establezca una rutina diaria constante para prepararse para la escuela y para dejar y recoger a los niños.

EVITA LAS DESPEDIDAS LARGAS

Las despedidas prolongadas pueden hacer que la separación sea más difícil tanto para usted como para su hijo. Una vez que se despida váyase de inmediato y con seguridad.

BYE

DIGALE ADIOS

Siempre despídase de su hijo cuando se vaya, incluso si está molesto. Irse sin que su hijo se de cuenta, puede conducir a una mayor ansiedad y desconfianza. Mantenga sus despedidas breves y positivas.

MANTENGA LA CALMA

Los niños pueden captar las emociones de sus padres. Manténgase calmado y confiado durante las llegadas para ayudar a su hijo a sentirse más cómodo.



Recuerde que la ansiedad por la separación suele ser temporal y que la mayoría de los niños se adaptan rápidamente al entorno escolar! Si mantiene la calma y brinda apoyo, comprensión y paciencia, puede ayudar a su hijo a atravesar esta nueva etapa sin problemas. No dude en comunicarse con el consejero de la escuela si tiene alguna pregunta o duda.

