

WELCOME BACK TO SCHOOL

A WELCOME MESSAGE BY MS. SEITZER

DEAR STUDENTS, PARENTS, AND FACULTY:

WELCOME BACK TO A NEW AND EXCITING SCHOOL YEAR! I AM THRILLED TO RECONNECT WITH RETURNING STUDENTS AND EXTEND A WARM WELCOME TO THOSE WHO ARE JOINING OUR SCHOOL COMMUNITY FOR THE FIRST TIME. AS YOUR CLINICAL MENTAL HEALTH COUNSELOR, I AM HERE TO SUPPORT THE MENTAL HEALTH AND WELL-BEING OF ALL OUR STUDENTS. THIS NEWSLETTER PROVIDES IMPORTANT BACK-TO-SCHOOL INFORMATION, TIPS ON MAINTAINING MENTAL HEALTH, AND BEST PRACTICES FOR GETTING BACK INTO THE SCHOOL ROUTINE.

MORNING ARRIVAL

1. School starts at 8:00am.
2. Please make sure to have your child at school before the time.
3. Late arrivals have to sign in at the office.

SCHOOL DISMISSAL

- School finishes at 3:00pm.
- Please let your child's teacher and the office, know your child's daily school transportation to ensure her or his safety.
- If there is any change in your child's transportation schedule, please inform the office and teacher, so it can be adjusted accordingly.

IMPORTANT DATES

- MEET THE TEACHER: AUGUST 8
- FIRST DAY OF SCHOOL: AUGUST 12
- VPK OPEN HOUSE (9-12PM): AUGUST 15 / FIRST DAY OF VPK: AUGUST 19

FRIENDLY REMINDERS

- Please bring your school backpack with required supplies, daily.
- Turn in supplies to your student's teacher(s) during meet the teacher or on the first day of school.
- No cellphones are allowed to be used during the school day, unless approved by teachers.



Meet the counselor

MS. GIANNA SEITZER, CMHC



I love traveling and have always been interested in languages. I have a degree in clinical mental health counseling, and I am passionate about sharing mental health knowledge to others.

My favorite food is anything Italian, but especially pasta!

I hope that you're as excited as I am for this new school year! We've got a lot of great adventures ahead.

Note to parents: My email address is gseitzer@sjstampa.org. Feel free to reach out if you have questions or would like to set up a consultation for your child.

Office Hours: 8-3PM, M, W, TH, F.

Mental Health Well-Being

Welcome Back Students!

As we embark on a new school year, it's important to prioritize mental health and well-being. Here are some tips to help students and families maintain a healthy balance.

4. Physical Activity:

- Engage in regular physical activity to boost mood and energy levels.
- Consider family activities like walking, biking, or playing sports together.

5. Healthy Eating:

- Provide balanced meals and snacks to support physical and mental health.

- Encourage children to stay hydrated throughout the day.

6. Limit Screen Time:

- Set boundaries for screen time, especially before bedtime.
- Encourage offline activities, such as reading or playing board games.

Tips

1. Open Communication:

- Encourage open conversations about feelings and experiences.

- Create a safe space for children to express their concerns and anxieties.

2. Routine and Structure:

- Establish a consistent daily routine, including regular bedtimes and mealtimes.
- Break tasks into manageable steps to reduce stress and overwhelm.

3. Mindfulness and Relaxation:

- Practice mindfulness exercises, such as deep breathing or meditation.
- Take short breaks during the day to relax and recharge.

Best Practices for Getting Back into the School Routine

Transitioning back to school after a break can be challenging. Here are some strategies to help ease the adjustment:

1. Gradual Adjustment:

- Gradually shift bedtime and wake-up times to align with the school schedule.
- Reintroduce daily routines a week before school starts.

2. Organized Environment:

- Create a dedicated study space free from distractions.
- Use calendars and planners to keep track of assignments and activities.

3. Positive Mindset:

- Focus on the positives of returning to school, such as seeing friends and learning new things.
- Encourage a growth mindset by praising effort and resilience.

4. Prepare Together:

- Involve children in back-to-school preparations, like shopping for supplies and organizing backpacks.
- Discuss any concerns or questions they have about the upcoming school year.

5. Stay Connected:

- Maintain communication with teachers and school staff.
- Participate in school events and activities to build a sense of community.





We're Here to Help!

Remember, the counseling office is here to support you throughout the school year. Whether you're experiencing stress, anxiety, or any other challenges, please don't hesitate to reach out. Together, we can make this school year a positive and successful one!

In addition to providing individual therapy services and psychological assessments, I will be holding throughout the year. 5-week group therapy/executive functioning sessions for students whose teachers refer them. If you would like your student to receive counseling services, please reach out to me for a consultation.

Best wishes for a wonderful school year,

Gianna Seitzer, CMHC
Phone: 813-879-7720 EXT 223

