

May 2022

School Counselor Newsletter

Email: Titovar@turlock.k12.ca.us

Telephone: (209) 668-9600

Even when you're taking a break this summer, the choices your family makes are still important. Some parts of a routine are important for kids to stick with all year round, like the right amount of sleep and time to exercise every day.

Here are five ways to keep it healthy over the summer:

- **Focus on food:** At home, swap out the junk food in your pantry and fridge for healthier stuff. When your kids want to raid the kitchen during the day, they'll have better foods to choose from.
- **Find a new routine:** The school year comes with plenty of structure, and all that scheduling can help encourage healthy habits. Encourage students to continue staying busy with activities.
- **Be serious about bedtime:** Kids who sleep less have less energy to do the things that keep them healthy, like exercising. A tired brain is also more likely to make unhealthy choices, like zoning out on the couch with a bag of chips all day.
- **Stick to screen time limits:** Don't have rules around screens? Summertime could be a good chance to test some out. Outline times when devices aren't allowed (like dinner) and create media-free zones in the house.
- **Go outside and get active:** Make your family time count. Set a time every day when you all take a walk, ride bikes, play tag in the backyard, jump rope, play soccer, dance, or swim.



Ms. Tovar

Hello! May is Mental Health Awareness Month. This month I will be going into the classrooms and teaching students about coping skills. Remind students during their summer break to use their coping skills to help manage their big strong emotions.

I wanted to say thank you for all the support this school year. I'm excited to announce that I will be returning to Medeiros for 2022-2023 school year.

Local Resources

Unfortunately, school counselors do not provide counseling services during the summer. Here are list of community counseling services provided in the area:

- Center for Human Services
- Sierra Vista Child and Family Services
- Aspiranet Counseling Services
- Jessica's House