



COUNSELORS' CORNER

Summer Theme: Relax, Recharge, Unwind, and Unplug

June 2023

Lakeside Middle School

Our sights are set on... *Summer*

JUNE! We made it! As another school year winds down to a close and we are busy with field trips, graduations, and BBQs, it's also important to reflect on the past year. Middle school is rich with learning – both academically and personally. As your children's school counselors, we are proud to see how your children have grown over the year. Enclosed in our final 2022–2023 newsletter are some summer tips on how to relax, recharge, unwind, and unplug! Our advice for our students:

Be true to your authentic self...

- **Create your summer "bucket list."** What do YOU love to do? With more free time this summer, get back to the things that bring you joy. Whether it is reading, painting, playing the piano, blogging, or journaling, when you feel connected to the things that motivate you, it makes you feel good!
- **Un-plug to re-connect.** Take a break from your electronic devices and invest time in face-to-face contact with family, friends, and mentors. Practice gratitude by acknowledging those who have helped you throughout the year.
- **Rest and Recharge.** Summer is a time to reflect and rest. The school year can be quite busy; it may be tempting to fit several activities into your break, but don't over-schedule yourself to avoid burnout. Catch up on sleep!
- **Practice useful life skills.** Learn to cook, do laundry, or save and budget your money. If you have a summer job, practice saving and working toward your personal goals! If you have an academic or career interest, consider learning more about the profession by interviewing or shadowing someone you know!

However you choose to spend your time this summer, focus on being your authentic self. Make sure your plans are a reflection of your personal goals and make sure to have fun and enjoy yourself!



Supporting your child's mental health

With summer comes a certain sense of freedom – no alarm clock set for school, no home work to complete. Despite this, it is important to still have a routine for your child this summer. This enforces consistency and structure, which are vital for your child's mental health. A lack of this can cause more stress and possibly, other mental health concerns.

- **Spend quality and focused, face-to-face time together.** Use their time home as an opportunity to be present and connect with your kids. Validate their feelings and be mindful of any behavioral changes. Seek help if needed.
- **Encourage them to make healthy choices.** Eat a balanced diet, maintain healthy sleep habits, and stay active. This will benefit their mental health!
- **Take a family outing.** Go to the movies together, take a hike, bike ride, or take a day trip! Make fun family memories together.
- **Develop a new hobby!** Encourage your children to explore their interests and be creative with a new hobby.



When: June 1, 2023

What: School-wide assembly on cyber safety, cyberbullying, and internet safety

Who: Passaic County Sheriff's Department.

It's been a pleasure working with your kids this year! Best wishes for a safe, happy, and healthy summer for all! *For more resources, visit our Guidance page on the Lakeside website.*

Mrs. Russo and Mrs. Shea

6th Grade: **56m2tas**

7th Grade: **m3sdyyy**

8th Grade: **5udgxn**

