

# School Counseling Newsletter

## August

Vermilion Catholic, a legacy of Mount Carmel

### Time Management for Students

As we begin this school year, I want to share three valuable tips to help your child develop effective time management skills right from the start. With these strategies, your child can approach their academic responsibilities with confidence and create a balanced routine that sets them up for success.

- 1. Establish a Structured Routine:** Encourage your child to establish a consistent daily routine. Create a schedule that incorporates set times for studying, completing assignments, extracurricular activities, and personal time. By following a structured routine, your child will develop a sense of predictability and be better equipped to handle their academic and personal responsibilities efficiently.
- 2. Teach Prioritization Skills:** Guide your child in identifying and organizing their assignments based on deadlines, level of difficulty, and importance. By learning how to prioritize effectively, they can avoid last-minute cramming and tackle their responsibilities in a more organized and stress-free manner.
- 3. Foster a Productive Study Environment:** Creating an optimal study environment is crucial for concentration and productivity. Help your child set up a designated study area that is free from distractions, such as noise and electronics.

Remember, building strong time management skills is a gradual process, and it may take time for your child to fully adapt to their new routine. Encourage open communication, be patient, and offer guidance and support along the way. By implementing these strategies at the beginning of the school year, you are setting your child up for success and helping them develop lifelong skills that will benefit them far beyond their academic journey.

### This Month's Highlights

- I've started visiting with our younger students to introduce myself and begin building connections, helping them feel comfortable and supported at school.
- I will soon begin "**Minute Meetings**" with our older students. These are brief, one-on-one check-ins designed to help me get to know each student, hear how they're doing, and ensure they feel supported as we start the school year.
- Sudden Impact is coming up soon! Please ensure that your student turns in their consent before their scheduled trip date!

### Wellness Tip

#### Stay Hydrated

Make sure your family drinks plenty of water every day. Staying hydrated supports physical and mental functioning. Be sure to label your child's water bottle so they can keep track of it!

### Please Reach Out

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Virtual Counseling Office:

[https://docs.google.com/presentation/d/1Fbsu4WIGL1rOQVj9xsvHc7NUNMI768Rlr61A\\_XqsFSw/present?slide=id.p](https://docs.google.com/presentation/d/1Fbsu4WIGL1rOQVj9xsvHc7NUNMI768Rlr61A_XqsFSw/present?slide=id.p)