

# School Counseling Newsletter

## March

Vermilion Catholic, a legacy of Mount Carmel

### Staying Organized

As we near the end of the school year, I would like to share two valuable tips on how you can assist your children in staying organized during this busy period.

- 1. Establish a Structured Routine:** With the end of the school year approaching, it becomes increasingly important for students to maintain a structured routine. Help your child maintain a daily schedule that includes time for homework, extracurricular activities, and relaxation. Having a well-defined schedule will not only foster better time management skills but also instill a sense of discipline and organization in your child's daily life.
- 2. Teach the Power of Prioritization:** As the school year winds down, students often find themselves juggling multiple assignments, projects, and exams. This can easily lead to feelings of overwhelm and disorganization. Encourage your child to prioritize their tasks by importance and deadline. Sit down with them and help them create a to-do list, ranking each item based on urgency. By breaking down their workload and focusing on one task at a time, they will feel more organized and in control.

Remember, parental involvement plays a crucial role in shaping your child's academic success and overall well-being. By implementing these tips, you can support your child's organizational skills and empower them to thrive during the end-of-year hustle. Should you need further guidance or support, please do not hesitate to reach out.

### This Month's Highlights

Our Eagle Family focus for March is **Resilience and Managing Stress**. Students will explore what it means to persevere through challenges, practice positive coping strategies, and learn how to stay calm and focused during difficult moments.

Additionally, students will participate in a **conflict resolution lesson** where they will learn practical ways to handle disagreements respectfully and peacefully. We will practice listening, expressing feelings appropriately, and working together to find solutions. These skills help students build stronger relationships and contribute to a supportive and caring school community.

### Wellness Tip

#### Teach Time Management

Help your child develop effective time management skills by creating schedules, setting priorities, and breaking tasks into manageable steps. This reduces stress and enhances productivity.

### 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)