

School Counseling Newsletter

May

Vermilion Catholic, a legacy of Mount Carmel

Staying Safe in the Summer

With school breaks upon us, it's crucial to ensure that our children's adventures are not only fun-filled but also secure. Allow me to share three valuable ways you can actively contribute to your child's safety this summer.

- 1. Cultivate Open Communication:** Encourage and maintain open lines of communication with your child. Creating an environment where your child feels comfortable sharing their experiences, concerns, and observations is key. Engage in meaningful conversations about their day, their activities, and the friends they interact with during summer outings. By doing so, you will gain valuable insights into their well-being, potential challenges, and any safety concerns that may arise.
- 2. Teach Personal Safety Measures:** Empower your child with age-appropriate personal safety skills. Role-play scenarios and provide clear guidelines on what to do if they ever feel unsafe. Equipping your child with these essential skills will enhance their confidence and ability to make safe choices.
- 3. Create a Safe Network:** Build a supportive network of trusted adults in your child's life. Establishing connections with reliable individuals who can look out for your child's well-being during summer activities adds an extra layer of protection.

Remember, you play an instrumental role in shaping your child's well-being and safety. By embracing open communication, teaching personal safety measures, and creating a safe network, you can significantly enhance your child's summer experience while ensuring their security.

This Month's Highlights

Thank you, parents, for your continued support, encouragement, and partnership throughout this school year. Your involvement, whether through communication, reinforcement of skills at home, or simply being present for your child, makes a meaningful difference in their growth and success. It is truly appreciated and plays an important role in helping our school community remain strong, connected, and supportive for all students. I look forward to continuing this partnership in the future and to all the opportunities the next school year will bring! Have a fun and relaxing summer break!

Wellness Tip

Encourage Hobbies

Foster your child's interests and passions by providing opportunities to explore hobbies and creative outlets. These activities promote happiness and personal growth.

Please Reach Out

Phone: 337-893-6636

Email: mackenziefontenot@vermilioncatholic.com

Virtual Counseling Office:

https://docs.google.com/presentation/d/1Fbsu4WIGL1rOQVj9xsvHc7NUNMI768Rlr61A_XqsFSw/present?slide=id.p