

# Counselor Connection



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Welcome back to another exciting school year! We look forward to working with you and your children!



**If your child needs a backpack and/or school supplies, please call the office to let us know!**

**LeaderinMe®**

Dr. REMES will continue our social-emotional learning (SEL) program called Leader in Me. Students will review the 7 Habits (Be Proactive, Begin with the End in Mind, Put First Things First, Think Win-Win, Seek First to Understand and Then to be Understood, Synergize, Sharpen the Saw) all year long!



We implement restorative practices and approaches at McNair which help support children in learning how to create healthy relationships and how to resolve conflicts by taking responsibility for their actions and working to repair harm. Each classroom holds morning meetings to help build relationships with their peers. It's also a time for the class to come together and work on social-emotional skills, and friendship, as well as solve any classroom concerns that may have occurred.

# Dr. REMES School Counseling Program

## CLASSROOM GUIDANCE LESSONS

Each counselor teaches one lesson per month in each classroom. Topics vary by grade level but may include: personal body safety, gratitude, kindness, respect, and a growth mindset.

## INDIVIDUAL COUNSELING

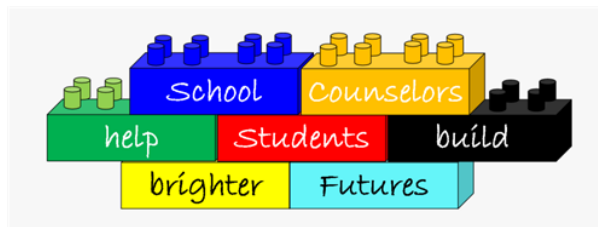
If your child is struggling with a particular issue, we can help. We are happy to work with students. If we feel that your child needs more assistance, we have a wealth of local resources to offer you.

## LUNCH BUNCHES/GROUPS

Lunch bunches and small groups are a popular part of our counseling program. These occur as a way to increase social skills, work on a specific topic, help students meet more peers, or just to hang out and have fun.

## SCHOOL-WIDE PROGRAMS

We run a variety of programs including Student Government Association (SGA), Student Ambassadors, and the Kindness Challenge. We look forward to creating more opportunities for your children as the year progresses.



**Please give us a call or email if you have concerns about your child or need assistance of any kind.**

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## Tips for a Successful School Year

### How Much Sleep Does your Child Need?

- 3-5 years old: 10-13 hours
- 6-12 years old: 10-11 hours
- 13-18 years old: 9-11 hours

### Routine

- Keep the same bed time each night
- Maintain calm near bedtime
- Follow the same routine -- brush teeth, put on pajamas, read a book, etc

### Homework

- Have a homework schedule
- Set up a calm homework zone
- Make homework time a quiet time
- Read with your child each night

### Nutrition

- ★ A healthy snack can help your child focus at school
- ★ Healthy snacks include fruits, granola bars, vegetables, popcorn, cheese, yogurt
- ★ Limit sugary snacks and drinks, as well as low-nutrient snacks like chips

"Work hard, be kind, and amazing things will happen."  
~Conan O'Brien

### Limit Screen Time

- Model healthy use of screens
- Set aside **screen-free zones** in your home
- "Unplug" during Homework time

