



Helpful sites to help your student succeed:

Kids Health:
<http://kidshealth.org/>

Empowering Parents:
<http://www.empoweringparents.com/>

Separation Anxiety:
<http://www.helpguide.org/articles/anxiety/separation-anxiety-in-children.htm>

California Department of Education:
<http://www.cde.ca.gov/ls/pf/pf/>

Association of School Counselor's Parent Resources
<http://www.schoolcounselor.org/magazine/category/for-parents>

Internet Safety:
http://kidshealth.org/parent/positive/family/net_safety.html

Violence Prevention:
<http://www.ncpc.org/topics/by-audience/parents>

Meet Ms. Reyes

This is my first year at Elmhurst Elementary School. I am looking forward to meeting you all!

I am bilingual, have a Master's degree in Counseling with a College Counseling and Student Services Specialization from the University of San Diego and a PPS credential from California Lutheran University. My previous work experience includes working as a dance teacher, paraprofessional Bilingual Instructional Assistant, and as a School Outreach Coordinator for Conejo Valley Unified School District.

I will be visiting classrooms and Facilitating several small counseling groups throughout the year to help selected students with specific needs based on teachers and parents feedback.

** Parental permission is required for group participation.*

Paola Reyes

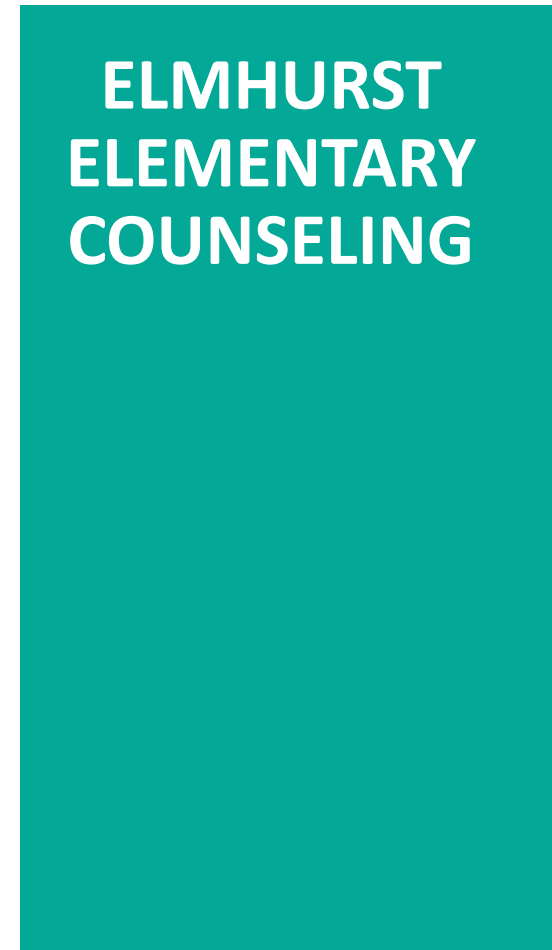
Bilingual School Counselor

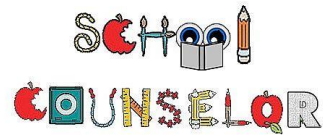
Contact Information

Phone: 805-641-5496 ext. 1026

Email: Paola.Reyes@venturausd.org

Hours: Mondays/Wednesdays 8am-3pm and Fridays: 8:00-11:00am





Services Provided

For students:

Classrooms presentations
Group counseling
Individual counseling (Managing stress, worry, anger, adjusting to school, study skills, etc.)
Setting goals
Peer pressure/bullying

For parents:

Referral to community resources
Improving parent-child communication
Parent consultation
Understanding the developmental changes of childhood



Making Goodbyes Easier

Time it Right

Make sure your child is well rested, fed and avoid rushing out of the house to decrease stress or anxiety.

Practice

Practice being apart from each other and introduce new people and places gradually. Talk about the positive experiences they will get and let them know you'll be back or see each other soon again.

Stay Calm and be consistent

Establish a loving or fun routine that works for both you as the parent and the child and a firm goodbye. Your child may still cry but if consistent it will be clear to him/her that he/she will stay in school. This is the hardest part, so just remember stick with the plan!

Follow through with Promises

It is important that you do come back at the time you promised so your child can develop confidence.

A cartoon illustration of a family consisting of a mother, a father, and two children (a boy and a girl) standing together. Above them is a large teal speech bubble containing the text 'HELPING STUDENTS SUCCEED' in white, all-caps, sans-serif font.

Get involved in your student's education. Participate in school events by volunteering in the classroom or at any of the school events. **Balance your child's schedule.** Having a balanced day of healthy diet, physical activity, structured time for homework, free-play and consistent bedtime routine will help your student focus and succeed in school.

Keep open communication with teachers and your school counselor. Share any concerns or life changes that might interfere in your Child's learning process. Collaborate and work as a team to make your students' learning experience successful and positive.

Develop a meaningful/positive relationship and communication with your student. Ask them how their day went and focus, acknowledge the students' concern and try to work together on problem-solving the situation. Also, focus on the positive aspects of school to keep your child motivated to come to school.

