



# EAST CHAMBERS ELEMENTARY

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Kemper Gibson, Counselor

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Dear Parents,

I hope your family has enjoyed your summer break, and that everyone is ready to jump into the 2009-2010 school year with the same excited enthusiasm we are experiencing at East Chambers Elementary.

As your child's school counselor, I would like to take this opportunity to share some information that might help make the transition from a relaxed summer to the fast pace of the school year go a little smoother. It is no secret that establishing a daily routine is vital in helping a child feel secure and able to perform to the best of their ability. Here are some suggestions to consider that may help your child feel more...

- **Relaxed.** Music can help your child avoid the morning rush. Play a soothing CD and ask him/her to be dressed and ready by the time it's over. *Tip:* Have him/her choose what he/she wants to wear the night before. It is amazing how this one little thing can help everyone's mood the next day!
- **Energized.** A good breakfast increases concentration. Offer your youngster healthy choices. Remember, breakfast is served in our cafeteria every morning at 7:30 a.m.
- **Connected.** Talking about the school day lets your child know you care. Ask him/her to share two good things that happened during the day. Prompt him/her with specific questions, such as "Which multiplication tables did you practice?"
- **Prepared.** Studying a little every day is the best way to learn new material. Help your child choose a time for homework when he/she is most alert – and try not to change it.
- **Rested.** A set bedtime helps kids fall asleep more quickly. Suggest that your child get in bed 15 minutes early to read, make up stories, or talk quietly with you.

I look forward to working with all of our students through activities that build character and self-esteem. From time to time the need for individual and/or small group counseling may arise. If your child should require individual attention as a result of a school referral, please be assured that you will be contacted immediately, and that confidentiality is always strictly observed.

It is imperative that you as parents and we as educators work hand in hand to ensure the success of our children. Therefore, if at anytime you have a need or concern, please know that my door is always open. You may contact me at 296-6100 ext. 6.

Sincerely,

Kemper Gibson, Counselor  
East Chambers Elementary