



Weekly Counselor Contact

**Awtrey's counselors are just as
available to you as ever.**

While we are learning some new and exciting ways to communicate and come together virtually; Ms. Zell and Ms. PT are committed to working with you and your student. We are available to you in a variety of ways.

In this first newsletter, we will introduce our website and its resources, the different ways in which we can communicate with your students, and what we still provide students from a distance.

- Our website has a great deal of information and resources for you and your student. Please check it frequently at

<https://awtreycounselors.wixsite.com/awtreycounselor>

- You may always contact us through our emails

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Important News and Notes

Rising 9th graders

- ◇ **NCHS Freshman still have until April 3 to submit a schedule request or to waive a course. Please use the link below**

<https://www.northcobbhigh.org/Rising-9th-Grade-Information>

- ◇ **Allatoona's deadline for changes was March 13. All requests that were turned in by that date were scanned and emailed directly to the scheduling administrator**

When we receive more information from the high schools about scheduling and/or upcoming summer activities, we will share this with you.

Pointers to be Successful with Digital Learning

Parents, learning online opens a whole new approach to school. Below are just a few tips to help make the transition for you and your student a little smoother.

1. Create an assigned learning area and environment that is conducive to your student's learning.
2. Set a "School Schedule" for home. Be consistent and stick with it. When unforeseen issues pop up during school time, make sure to set up a plan to return to the schoolwork later.
3. Time Management Skills: This is a great opportunity to help students learn time management skills, albeit an unexpected one.

****Acknowledge that students may need more work time for certain subjects and less work time for others.**

****Make a daily to do list**

****Use timers to help students stay focused. 15-minute intervals usually work well. The timer simply reminds the student to return to their schoolwork when they get distracted.**

Scan to reach Awtrey's
Counseling website



TIPS FOR HELPING AN ANXIOUS CHILD

JULIA COOK

- 😊 Genuinely accept your child's concerns.
- 😊 Be the person your child trust and can talk to.
- 😊 Listen to your child's perceptions & gently correct misinformation.
- 😊 Focus on the CAN Do's and the GET To's.
- 😊 Establish a predictable routine at home & follow it.
- 😊 Set consequences - Don't confuse anxiety with other types of inappropriate behavior. Set limits & consequences so that you don't allow anxiety to enable your child.
- 😊 Do everything you can NOT to pass your fears onto your child.
- 😊 Designate a DAILY "joyful - have fun" time that kids can anticipate and plan for.

JULIA COOK ONLINE.COM