

A Note from the School Counselor:

I sincerely hope that all of our CAS students and families have enjoyed a relaxing and rejuvenating summer! As we approach the beginning of a new school year, students may experience a variety of emotions ranging from happiness and excitement to worry and anxiety. As parents, you play a vital role in guiding your children through this transition from the carefree summer days to the more structured schedule of the school year. While many students make a seamless transition, back-to-school anxiety is a common challenge that many students face, and providing the right support can significantly ease their worries.

Below are the few simple ways that parents and caregivers can help children cope with feelings of apprehension or angst at the beginning of a new school year.

- 1) **Establish open communication:** Encourage open communication with your child about their feelings and concerns related to returning to school. Allow them to express their anxieties without judgment and encourage them to list as many positive/exciting things about returning to school as they can to counter balance some of their worries or fears.
- 2) **Familiarize your child with the school environment:** Before the school year begins, take the opportunity to visit our school with your child. CAS's back to school meet and greet, which takes place Sunday, 8/27 from 10-11:30, is a perfect time to ease some of the jitters. Explore our campus with your child, and meet with his or her teacher, other classmates and school staff. Familiarizing your child with their new environment will help alleviate uncertainties and create a sense of familiarity.
- 3) **Create consistent routines at home:** Structure and consistency are essential in fostering academic and social/emotional success. Establish a daily routine that includes designated study time, family meals, and regular sleep schedules. Having a predictable routine helps children feel grounded and prepared for the academic rigor of the school year.
- 4) **Simple Stress-Relief Techniques:** Equip your child with stress-relief techniques, such as deep breathing exercises, mindfulness, or prayer. These practices can help them manage their anxiety in challenging situations and maintain a calm demeanor.

As school personnel, we are thrilled to welcome your children for the start of a successful and enriching school year! Should you or your child need support in adjusting to the new school year or with anything throughout the year, please reach out to me, [kbrady@catholicacademystamford.org](mailto:kbrady@catholicacademystamford.org). I am in the office Tuesdays, Wednesdays and Thursdays.

In the meantime, it is important to note that back-to-school anxiety is a natural experience for many students, but with parental support and guidance, children can navigate this transitional period successfully. As parents and caregivers, you play a crucial role in fostering your child's

spiritual, emotional, and academic growth. By establishing open communication, providing familiarization with the school environment, encouraging positive attitudes, creating routines, and nurturing faith, parents can help their children overcome back-to-school anxiety and thrive in their school journey.

Warm Regards,

Keara Brady  
School Counselor