



THE CATHOLIC ACADEMY
OF STAMFORD

Mid Year Refresh

Dear Parents,

Quarter two is finished. We are going to move on to quarter three. The quarter right in the middle of the school year, the quarter right before spring break. Quarter three will run until March 31st, 2026. Just in time for the start of Spring. You might be thinking, "How can I maintain this consistency with my child?" or you might be thinking, "Oh no, the end of the school year is coming to an end, and we haven't improved". However, do not worry, that is why I am writing this letter to support you and your family in ways that are consistent and specific, helping all students from Pre-K to eighth grade. A little glimpse of questions/topics I speak about when working with the children as their school counselor:

Checking In

Asking our children how are they doing, how are they feeling. Is there a highlight of their week (best part of their week) Is there something that they would like help with or something that they would like to talk about. How were their conversations with their teachers this week, with their classmates, and friends. This helps you as parents understand your child better and be able to help, strategize and problem solve ways to help them communicate more effectively. This will make sure that their school day, lunch, and recess are going smoothly and relieve them from possibly feeling stressed, anxious, or overwhelmed.

Setting Academic Goals

When students are working toward a goal, they are much more likely to continue working on that goal and are motivated to show themselves, friends, and family that they can do it. This goal can be written on a piece of paper or whiteboard and placed on the refrigerator for a daily reminder. Also out loud repetition is a great way to keep the students motivated.

* A goal is defined as creating an action plan to motivate and achieve something.

Example of a short-term academic goal:

Elementary: I can learn and memorize one multiplication factor each week and then have my family test me on that factor for a maximum of 5 minutes.

For a reward of _(their choice)_.

Middle School: I can practice and improve my math skills by setting aside 15 to 30 minutes each night and work on my iReady path or a math game. .

For a reward of _(their choice)_.

Classroom Expectations

Our staff at the academy have expectations inside and outside of the classroom. Just like we all have expectations of our children at home. We would always like our children to show respect to those individuals who are important in their lives. When the students at the academy are following their teachers' expectations and showing respect, there is no doubt that their days will go much more smoothly. When this is happening it will display in their academic performance and socially. They will feel at rest because this is also portrayed in those healthy relationships. If the students are displaying the correct expectations and showing respect, this is the last piece to a successful, healthy, and happy school performance inside and outside of school. These traits will also be displayed when they are home with you.

Please feel free to reach out to me on email if you would like to speak more about this month's newsletter. Thank you, Mrs. Grijalva.

Other Resources

- Middle School: Most middle school teachers offer office hours for extra help, getting questions answered, working 1:1 with the student. Please feel free to reach out directly to the teachers on their availability.
- Dojo Tutor is offering a special Winter Math Boost: 4 fun, online sessions with expert math tutors. It's a great way to help your child build confidence and get ahead in just a few short lessons. <https://bit.ly/45RejPa>
- Great Articles to support our children
<https://childmind.org/>