

# Mrs. Greer's Counselling Corner

Jennifer Greer School Counsellor

Spring 2023

Welcome to my Spring newsletter for Colby Village Elementary school and Humber Park Elementary School!

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I hope you will find the information here to be helpful and interesting. There are many links to videos, community supports and articles for families.

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Should you wish for more information or for a topic to be covered in the next newsletter, please email Jenn Greer at [jgreer@hrce.ca](mailto:jgreer@hrce.ca)



Spring forward is a great time to set new sleep goals or habits in your family!



## The Importance of Sleep

When students come to me in session, I normally check in about the four pillars of health- fresh air, food habits, hydration and sleep patterns. I explain that if one of these is off kilter, the way we cope with stress and other feelings can be more challenging.

Sleep is a topic that many children and teens have been having a hard time with lately. Many are tired, waking throughout the night or having a hard time getting to sleep. For this season's newsletter, I thought it might be helpful to look at sleep hygiene, routines and possible disorders to watch for.

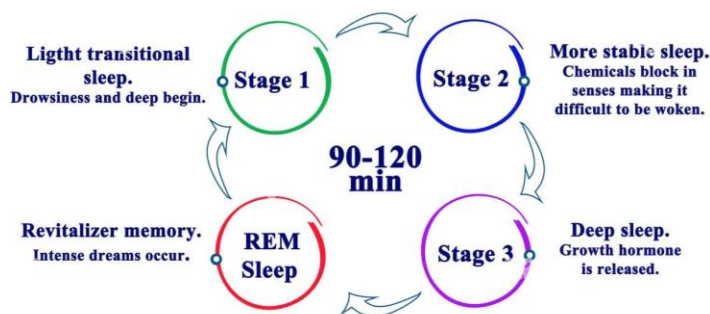
Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory.

One key message comes up in all of the research and articles on sleep and children and that is: *consistency*.

Our bodies thrive on routine and habits and our minds feel calm when we know what to expect. A possible routine for bed time for your child might look like:

- a) Turning off devices
- b) Putting on pajamas
- c) Brushing teeth and bathroom
- d) Stories, cuddles, songs or time with you to talk
- d) Lights out at relatively the same time each night.

## Sleep Cycle Stages



Mrs. Greer is on YOU TUBE!

Check out my channel for weekly stories and videos!

[youtube.com/@jenngreer](https://www.youtube.com/@jenngreer)

### CRISIS or CONCERN?

1. Kid's Help Phone is a national helpline for young people between the ages of 5 and 20. Confidential and anonymous support is available 24 hours a day, 7 days a week. You can phone to speak with a trained counsellor.

Call toll-free: [1-800-668-6868](tel:1-800-668-6868) Text 686868

2. If you're experiencing a mental health or addictions crisis, or are concerned about someone who is, the Provincial Mental Health Crisis Line is available 24 hours a day, 7 days a week. Call toll-free: [1-888-429-8167](tel:1-888-429-8167)

3. Should your child need more support and care for their mental health you may wish to call the IWK Central Referral line at: 902-464-4110

## (Continued)

These routines can be logistically tricky if there is a shared room or many activities in the evenings, but finding a routine that works for you and your child can help their sleep improve.

Sleep Hygiene involves the area and space where we sleep and how it can affect our sleeping patterns. The Sleep Foundation suggests some things to try for your child:

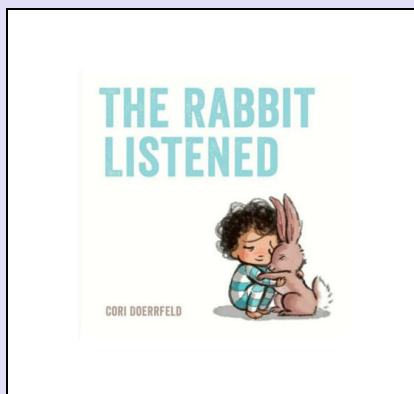
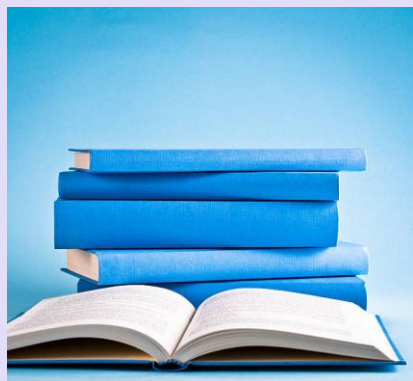
- 1) Make the bedroom, and especially the bed, a no-screen zone at night. This helps our minds to keep this space reserved for sleep and rest only.
- 2) Setting the thermostat to a slightly cooler temperature
- 3) Using dark curtains to block out light, or a nightlight if they're scared of the dark
- 4) Keeping the bedroom quiet, or using a white noise machine to mask outside sounds

Finally, changes in life and health can have a big impact on a child's sleep. A new caregiver, teacher, or schedule changes etc. are important to unpack with your child if you notice sleep disturbances. "In addition to these common problems, as many as 50 percent of children suffer from sleep disorders at some point. Sleep disorders are intricately intertwined with mental and physical health issues, with one exacerbating the other in a cycle that can be hard to break." If there are persistent sleep challenges, perhaps ask your doctor about what you are noticing for further help.

Wishing you a wonderful and restful March Break!

<https://www.sleepfoundation.org/children-and-sleep>

# Parent Book Review



Our book of the month is titled, *The Rabbit Listened* by Cory Doerrfeld.

This is an incredible story for you and your child that speaks about the power of listening and how important it is to be heard!

Watch and listen to the story here! [The Rabbit Listened](#)

In keeping with our theme of "Sleep habits" here is a list of wonderful titles about sleep for your collection!

<https://sleepingshouldbeeasy.com/books-bedtime/>

<https://www.common sense media.org/lists/bedtime-books>

What does a school counselling session look like?

There are several steps in a average session with students:

- 1) Developing the relationship and checking in about the week
- 2) Clarifying and assessing the presenting problem or situation
- 3) Identifying and setting counseling goals
- 4) Designing and implementing the strategie
- 5) Planning next steps and a follow up

I normally use the "FAB 4" in my check ins-

F-Friends (How are your friendships going?)

F-Family (How are things with your family relationships going?)

F-Feelings (How have you been feeling overall?)

F-Faring in class/school (How have you been doing with school work?)

## GROUPS!

Based on student needs and staff/family requests, there are many groups that I am running this year at both of my schools!

- 1) Friendship groups
- 2) Pride Club/Rainbow club
- 3) We thinkers (Social skills)
- 4) ROOTS club (Resilience)
- 5) The "Big E" Groups (Emotional Regulation)
- 6) Art Group/Bead Group
- 7) Cooking Club
- 8) Friends for Life!

Please reach out if you have any questions!

## "Bee" well Day!

### Wellness Day 2023

Calling all health and mental health professionals!

I am planning a Mental health day for each of my schools in late May that involve a key note speaker and sessions for all classes.

The theme is "Bee well"!

If you would like to share your knowledge, skills and/or time in helping out with this day, please email me at [jgreer@hrce.ca](mailto:jgreer@hrce.ca)

