

GUIDANCE COUNSELOR MAY NEWSLETTER



Supporting Your Child Through End-of-Year

Dear Panther Run Families,

As we approach the end of the school year, our students are gearing up for state testing. This period can bring about stress and anxiety, but with your support, we can help our children navigate this time with confidence and resilience.

Tips to Help Your Child Succeed

Establish a Consistent Routine: Ensure your child gets adequate sleep, eats a nutritious breakfast, and arrives at school on time. A stable routine can significantly reduce anxiety.

Encourage Open Communication: Talk to your child about their feelings regarding the tests. Listening and validating their concerns can provide comfort and reduce stress.

IMPLEMENTING
STRATEGIES
TO
ALLEVIATE
STRESS



BEING POSITIVE

Promote Positive Thinking: Encourage your child to replace negative thoughts with positive affirmations, such as "I can do this" or "I am prepared."



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Practice Relaxation Techniques: Teach your child deep breathing exercises or mindfulness practices to help them stay calm during tests.

Avoid Last-Minute Cramming: Encourage regular study habits and review sessions leading up to the test, rather than cramming the night before.

Understanding Test Anxiety

It's normal for students to feel nervous before a test. However, excessive anxiety can hinder performance. Signs of test anxiety include headaches, stomachaches, irritability, and difficulty concentrating. Recognizing these signs early allows us to implement strategies to alleviate stress.



Celebrate Effort and Progress

Remember to acknowledge your child's hard work and dedication, regardless of the test outcome. Celebrating their effort fosters a growth mindset and encourages continuous learning.

If you have any concerns or need additional support, please don't hesitate to reach out. Together, we can ensure our students finish the year strong!

