

## A letter from Mrs. Robinson

February 14, 2025

Dear Parents,

We are in the second half of our 2024-2025 school year! Your students are growing and learning so much this year! I just want to share how much I enjoy spending time with your students, whether in the classroom, during our social skills groups, or visiting with them individually. I often share with them what science is telling us about how we can increase our feelings of happiness and sense of wellbeing. I want to share some of that science and research with you, so you can continue to reinforce these important principles at home.

Parents often want to know what they can do as parents that will have the biggest impact on their child's future success and reduce their anxiety, though this can often be a challenging time to be a child. I am a parent of ten children who are all now parents themselves and I have seen how things have changed over the years. The good news is that we have never had more evidence-based strategies that can help turn feelings of anxiety into steppingstones toward greater resilience.

<https://childmind.org/article/10-tips-for-parenting-anxious-kids/>

The most important thing we can do to help our children prepare for their lives as adults is to help them develop a habit of regular school attendance. The research confirms that missing even one day a week will lead to lower academic gains and increase feelings of anxiety. As you visit with your child's teacher during parent teacher conferences this week, be sure to ask about the many targeted programs that your child engages in at school every day. If they are consistently late, they will miss important aspects of their learning. This District website has resources for children who are not attending regularly and clarifies what the law requires in relation to attendance.

<https://studentsupport.jordandistrict.org/attendance/>

Every day in every classroom, our students are also learning some basic principles of mental health and wellness as their teachers deliver a short lesson from a District approved program entitled InFocus. Here is a link for you to learn more about what they are being taught during those lessons.

<https://infocuseg.com/parent-guides/> You may contact the school for more specific information.

Do not hesitate to call or email me to let me know how I can help remove any barriers to attending school, learning, or experiencing a sense of belonging that your child may be experiencing.

Sincerely Vicki Robinson LCSW, School Counselor,

[vicki.robinson@jordandistrict.org](mailto:vicki.robinson@jordandistrict.org)

