



A letter from Mrs. Robinson



Dear Parents,

We are so excited to begin our new school year! We have some exciting things to share with you and your students! I have loved my time here at Oquirrh as a school counselor, whether in the classroom, during our social skills groups, or visiting with students individually. I also can't wait to get to know our students who will be new to our school this year. You will learn about many wonderful programs that your child will be engaging in when you come to Back to School Night. When I visit with our students in their classrooms, I often share with them what science is telling us about how we can increase our feelings of happiness and sense of well-being. 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. We know that this can be a challenging time to be a child. They are exposed to so much so early in their lives in this technological age that can make them feel anxious, mad, sad, or worried. The good news is that we have never had more evidence-based strategies that can help turn feelings of anxiety or depression into steppingstones toward greater resilience. [10 Tips for Parenting Anxious Kids - Child Mind Institute](#)

Statistics confirm that one of the most important things we can do to help our children prepare for adult living 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 increased feelings of anxiety. If a student is consistently absent or late, they will miss important aspects of their learning. We are here to help! This District website has resources for children who are not attending regularly and clarifies what the law requires in relation to attendance. At school, we have planned some fun activities this year to encourage regular attendance. [Attendance Matters – Student Support Services](#)

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 fabulous district approved program called InFocus. Here is a link for you to learn more about what they are being taught during those lessons. [Parent Guides - In Focus Education Group](#) You may contact the school for more specific information.

Our Jordan District's health and wellness website is a wonderful resource to parents and families: <http://jordanwellness.org> -They have FREE Mental Health Education available for ALL Jordan District parents in English and Spanish - [Use this link for October's Calendar](#).

Also, Jordan Family Education Center can provide 10 weeks of free counseling, assessments as needed, and has a number of classes for both parents and students. See: [Jordan Family Education Center – Guidance](#) Let me know how I can help remove any challenges your student may have that interferes with their attending regularly, learning, or feeling a sense of belonging while here at school. We are here to help!

Sincerely,

Vicki Robinson
LCSW, School Counselor