North Shore Counseling

December High School Newsletter

PTO Graduate Roundtable

When

Tuesday, Jan. 7th 2020 at 7pm

Where

450 Glen Cove Avenue Glen Head, NY

More information

The PTO will be sponsoring a Graduate Roundtable event on January 7 at 7pm in the high school cafeteria. North Shore graduates will speak about their transition to college and what they wish they knew before going. Parents will have an opportunity to speak to other parents that have been through the process.

During the day there will be a senior assembly focused on the college transition process and a junior assembly geared towards the application process. SGO and the Counseling Department are planning this event.

Junior College Night - Jan 13 - 7pm

Please join the counseling department on Monday January 13th at 7 pm in the high school theater for Junior College Night. A representative from Vanderbilt University will speak to students and parents about the college application process.
### How to Speak to Your Child at Every Age

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Tips</th>
</tr>
</thead>
</table>
| 0-5 years | - Teach your child how to communicate.
|           | - Use simple and baby language to enhance what they say. |
|           | - Respond to your child's communication. |
|           | - Talk to your child about feelings and emotions. |
| 6-11 years| - Help your child to read and write. |
|           | - Provide your child with a positive environment. |
|           | - Help your child to develop good social skills. |
| 12-18 years| - Encourage your child to participate in community activities. |
|           | - Encourage your child to be involved in decision-making. |

### Duke Study on Happiness

Want to live a happier life? Follow these 8 steps.

1. **Give your child your complete attention when possible.**
2. **Watch their tone and body language.**
3. **Help your child to put words to their emotions.**
4. **Use the help strategies to develop positive regulation skills.**
5. **Offer limited choices and simple explanations.**

### Breathing Breaks

Students can use these breathing techniques to help regulate their emotions.

### ARTICLES

- [Fred Rogers Believed We Should Validate Feelings Not Suppress Them](#)
- [How Students Learn Better with Brain Breaks](#)

### North Shore Counseling Department

- **@NoShCounselor**
- **450 Glen Cove Avenue, Glen Head, NY 11545**
- **(516) 277-7030**
- **dohertyd@northshoreschools.org**
- [northshoreschools.org](http://northshoreschools.org)