Dear ISO Parents,

(français-ci-dessous)

Here we are again at the start of a new year. So much excitement! Ahead of us, new opportunities for growth, new challenges to overtake and new victories to claim!

Again, this year, I have the great privilege to support the ISO community as the whole school social and emotional counselor.

As in the past, I will be collaborating with teachers from prek-12 grade to assist your

Students. In lower school we will have our weekly health and wellness class. Upper school is innovating this year with advisory sessions where matters of social emotional learning will also be tackled along with organizational skills. In addition to these class sessions, I will lead groups and individual sessions to target specific needs as they arise.

The first weeks of school being a time of adjustment, for all us truly, please find below three (3) simple tips to start this year on the right foot:

1) Set in place a routine.

If not already done, not too late to start. Having set times for sleeping, and dining and portions of the day dedicated to studying and self-care are ways to set your child up for success. Setting those early will get them already used to a flow and ease stress level when the workload increases as we progress into the school year.

2) Set in place a study area

Having a table with all their studying material in a calm and well-lit area of the house is another great way to foster work habits in your child (ren). Setting such an area dedicated to work will help your child perform better as there is predictability to it and limited distraction.

3) Get to know the instructors.

This is another sure way to contribute to your child's success. Please note we, teachers, are on the same team as you, parents. We are engaged in working at helping you little one(s) succeed. Frequent communication with us, in person or via email is another way to contribute to your child's success. I strongly

encourage you to come to the open house on **September 1st**. This is a great opportunity to build connections with your student's teachers, to get to know their expectations and discuss your concerns with them.

I hope to meet you in person next week. Once again, I will like to reiterate that I am here, (l.traoe@iso.bf) to support not only your children but YOU as parents as well. If you have any concern about your students social and emotional growth, please do not hesitate to contact me. I will be more than pleased to provide guidance and support.

Together, let's MAKE a great academic year!

Laurence Traore/Tyano
Social & Emotional Counselor