Dear Parents

With 12 days left of school, the mix of angst and excitement is quite palpable on campus. Let's face it, this is the time of the year when a lot of us adults are already thinking about summer break, the next posting, and upcoming career/school demands. This is the perfect time to discuss some tips to finish strong and transition well.

Tips for finishing strong

Calendar, to-do list, and deadlines.

Keeping a calendar with deadlines and to-do lists is a surefire way to complete demands on time. The visual reminder of a calendar is really effective at keeping the motivation going and helping students stay on task and focused in order to finish strong. Adding to these small celebrations at the end of each major project will get you by the last weeks of school with much joy.



Routine

The temptation for many is to let go of the routines as the stress level arises. Exams are scheduled for the last week of school June *12th to June 16th* major projects are also around the corner. With a calendar at hand and a faithful routine, the 19 days will turn into a stress-reduced successful endeavor**.** Drinking plenty of water, eating a balanced diet and sleeping at least 8-10 hours/night depending on

grade level will help alleviate stress and foster sound decision-making and great performances.



Tips to transition well

This time of year, some families are relocating. The kids leaving and the ones staying behind are all impacted by those moves. In order to facilitate those transitions here are some easy-to-implement tips.

Making memories, saying thank yous and goodbyes.

There are numerous ways to make memories with your children. You could take trips to their favorite restaurants, shops, or spots in town as a family, and plan a playdate with their buddies. If your child's friend is relocating, making plans with the family- playdates, sleepovers, dinner, etc…- even helping them with packing are ways to make memories and facilitate the transition. Some kids will as a way of protecting themselves refuse to engage with their friends. Gently encourage them to say their thank yous and their goodbyes to the people and the places that are dear to them.



Preparing for the next place

As a family, you could conduct some research on the new place. What are some things to look forward to? What is the new school like? Answering these questions beforehand could alleviate some anxiety. Make sure to also exchange contact information with your child's current friends and family. If feasible, discuss with the departing/staying family plans or medium to stay in touch- *email, skype, zoom call WhatsApp etc and frequency*.



This is also the time to get in touch with your child(ren)’s teachers especially if you have any concerns in regards to your child's academic progress.

I hope these tips were helpful.
If you have any questions or concerns, feel free to contact me.