

Welcome Back to School!  
We are so happy to see you 😊

### Important School Counseling Dates:

- September 8<sup>th</sup>- Class guidance lessons begin in all grades. I will be meeting with each class twice per month. My newsletter will describe topics of discussion and activities each month. Please extend these lessons at home as my lessons should be used as a springboard for further talks!
- October 26<sup>th</sup>-30<sup>th</sup>- **Red Ribbon Week.**
- November 3<sup>rd</sup>-13<sup>th</sup>-Canned and Boxed Food Drive
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### Make School a Priority

Attendance is directly linked to achievement. Here's how to help your child have SUPERSTAR attendance for the school year.

- Avoid scheduling family trips or appointments during the school day. Any time out of the classroom is missed instruction and a child can feel overwhelmed by trying to catch up.
- Discuss with your child what happened in school each day. Show him/her that you care about his/her work and progress. If you do this from the beginning, your child will come to expect it and freely share his/her day without you having to ask!
- Don't accept excuses for why your child "must" miss or be late for school.
- Support school rules and consequences for skipping class and being tardy.
- Make sure your child stays healthy by eating nutritious food and getting enough sleep and exercise.

Explain to your child why education is important. Give specific examples of how education helps people succeed.

I look forward to meeting all of the new faces here at Cedar Grove! My door is always open! If you have a question or concern or would like to talk with me about your child, please contact me. I can be reached by email at [Erin\\_M\\_Spoales@mcpsmd.com](mailto:Erin_M_Spoales@mcpsmd.com) or by calling the main office at 301-253-7000. I look forward to a great year!