

# School Counsellor Newsletter



## Start of Term Check In

Edition Two

### **The start of Term 2 could be a good time to check in with Wellbeing Habits.**

Starting a new term can bring on a variety of emotions for students; excitement about seeing friends again, looking forward to favourite subjects and enjoying reconnecting with their teacher. Getting back into routine can also be associated with emotions such as nervousness and uncertainty. Whether this is due to upcoming examinations, being part of a new sports team, or simply the knowledge that the holidays are over, having nerves is usual and okay. Having 'productive nerves' is the body's way of sharpening our focus and making us alert so that we can rise to challenges and face what is ahead of us.

So why not use the start of term to check in with your son's Wellbeing Habits? This will ensure that he has the best possible chance of using his productive nerves effectively as events and activities occur throughout the term. You might even find it helpful to check in with your own Wellbeing Habits as well!

This newsletter will focus on a quick physical wellbeing check in, looking at Sleep, Exercise and Diet as key foundation elements for one's wellbeing.

### **Sleep**

Sleep is our friend. It is recommended that 7 to 12 year olds get 9 to 11 hours sleep each night. Try to keep sleeping patterns as constant as possible. Getting a good night's sleep before an examination, sports game, performance or outing will help us to perform to the best of our ability.

Suggestion: Talk to your son about how much sleep he needs. What does he notice when he does not get enough sleep, or what do you notice when he does not get enough sleep? Do any changes need to be made to his sleeping habits and routines?

- Click **here** for a useful resource.

### **Exercise**

Doing a total of 60 minutes of exercise a day helps us to feel refreshed and improves our ability to focus. It can be broken into shorter sessions, can be at a variety of impact levels, and it can also be a good way to socialise with others.

Suggestion: Talk to your son about how much exercise he is doing each day. What does he notice when he does not exercise, or what do you notice when he does not exercise? Do any changes need to be made to his exercise routines and how could this be achieved?

- Click **here** for a useful resource.

### **Diet**

Eating a wide variety of food is important for growth and development. It will help us to achieve our best whether it be for academic studies, physical activity or socialising with others.

Suggestion: Talk to your son about his diet and whether any changes need to be made, remembering that treats, in moderation, are okay!

- Click **here** for a useful resource.



## Jenelle Hooson

**Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).**

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim  
amos.pilgrim@medbury.school.nz.