

Counselor's Corner

Heritage Elementary

Welcome Back!

August/September

2012



3rd Grade

Ohio Achievement

Test

October 1

Hello Heritage Elementary Families! My name is Tessa Gossett and I am the new counselor at Heritage Elementary School. I am very excited to be here and look forward to working with you this year.

This is my first year as a school counselor. I graduated with my Master's degree in School Counseling from the University of Dayton in 2010 and completed my year-long internship during the 2009-2010 school year at Violet Elementary in Pickerington. I had a wonderful experience and am thrilled to be back in the district. Heritage Elementary is a great place to be!

As a school counselor, it is my mission to address the academic, personal/social, and career needs of all students. It is my belief that all students can learn and my goal to help reduce any barriers to learning.

I will be offering many counseling services this year including monthly classroom lessons for all grade levels, small groups, and individual counseling.

I am here to be a resource and support for *all* Heritage students. I look forward to getting to know you throughout the school year. If you have any questions or concerns, please contact me at (614)-833-6385 or tessa_gossett@plsd.us.

Transitioning Back to School

It's that time again...time to start a brand new school year! Routine is essential in creating a smooth back-to-school transition. Here are some suggestions to help your family get back into the swing of things:

- Ⓜ Eat healthy. Start each day with breakfast at home or at school. Keep healthy grab and go items such as fruit or granola bars in the house for mornings you are rushed. A healthy lunch is important, too. If possible, let your child choose if he/she would like to buy or pack lunch. If packing, try to offer several healthy options and let your child choose what he/she would prefer.
- Ⓜ Get organized. It can help reduce stress! Make sure your child has any needed materials for school. Make homework a priority- establish a routine and make it your child's responsibility. Try to be available for help as needed. When completed, encourage your child to pack his/her backpack immediately so that no homework is left behind.
- Ⓜ Get plenty of sleep. Elementary aged children need 10-12 hours of sleep per night. Establish a regular bedtime and enforce it. Plan wind-down activities before bedtime such as reading, journaling, talking, etc.