

If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

margaret\_craig@pittsford.monroe.edu



This is a simple check-in prompt that we use in many of our counseling groups to help students reflect on their days and open up conversations.

### **Rose, thorn, and bud**

What is a **rose** from today/this week/this school year/etc.? (something exciting, positive, enjoyable)

What is a **thorn**? (something bad, frustrating, annoying, disappointing, etc.)

What is a **bud**? (something you are looking forward to)



**Here are a few articles and videos you might find helpful this month:**

[Should you let your child take a mental health day?](#)

[9 tools to help your child manage anxiety](#)

[Extracurricular activities: benefits and balance](#)



Test Anxiety

As the school year picks up, your students will be taking tests and quizzes more regularly. If your child struggles with feeling very stressed or anxious before tests, here is a [5 minute video](#) you might encourage them to watch with some strategies for manage test anxiety.

