



# Counsellor Connections



## Dear Parents and Guardians,

As the school year wraps up, June brings a focus on Transitions and Preparing for Change. With change in the air, we're here to help you approach this transition with positivity and excitement. Let's embrace the journey ahead and make the most of this time together!

### Mrs. Handel Recommends

#### **Goal-Setting for the Future:**

*Set positive intentions or goals for the upcoming year. This can be a powerful way to turn any anxiety about change into excitement about new opportunities.*

#### **Stay Connected:**

*Talk openly with family members, friends, and teachers about your feelings. Sharing your thoughts can help ease any anxieties and give you support during times of change.*

### Read More

#### **"Oh, the Places You'll Go!" by Dr. Seuss**

A timeless classic that speaks to people of all ages, this book is a perfect way to encourage students and families to embrace change. It discusses the challenges, joys, and endless possibilities that come with life's transitions.

### Did You Know?

**Fact:** Transitions, even though they can be difficult, often lead to personal development and increased resilience. People who navigate change successfully tend to become more confident and capable of handling future challenges.

### Contact Us

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