

THE COUNSELING CORNER

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MS. RAMBALA'S CONTACT INFORMATION

Email:

krambala@flboe.com

Phone:

201-585-4630

ext: 2503

WELCOME BACK!

I hope everyone had an amazing summer filled with lots of fun memories. For those who may not know me, my name is Ms. Krista Rambala and I am the School Counselor at School No.2! I often get the question, "What does a School Counselor do?". A School Counselor is someone who advocates and supports each student not only academically but socially and emotionally as well. These moments at the elementary level are super important in developing confident and kind kids of character. Each month we designate a character (social/emotional) trait that helps the students problem solve, strengthen social skills, and build good citizenship. I like to incorporate the monthly theme into everything that we do.

Parents, please do not hesitate to reach out to me if there is a problem or concern with your child. I am excited to start this new school year together!

Warmly,
Ms. Rambala

HELPFUL TIPS FOR BACK TO SCHOOL

Back to School brings so many jitters, some exciting and some on the more anxious side. I can remember I used to feel both when I was younger. I was excited with my new backpack, supplies and a new teacher but also nervous because I was not good at coping with change. I loved my summer and spending time with my family. I never wanted that to end. The most important part of my back to school process was my routine! It honestly has stayed the same still to this day! Starting to develop a school routine before school will help the back to school jitters before the big day! Check out some ideas below on how to have the easiest transition on the first day!

FOUR BACK TO SCHOOL TIPS

Start a good
bedtime routine
at least 2 weeks
before school
starts.

Arrive to
school early to
eliminate the
fear of being
late.

Create a
goodbye ritual
to repeat each
day with your
child.

Lay out your
clothes the night
before to
prepare for the
1st day.

Back to School Books

The Pigeon Has to Go to School by Mo
Willems

Pete the Cat Rocking in My School Shoes
by James Dean

Monsters Love School by Mike Austin
David Goes To School by David Shannon

You're Finally Here by Melanie Watt

First Day Jitters by Julie Danneberg
Butterflies on the First Day of School by
Annie Silvestro

The School Book by Todd Parr

The Kissing Hand by Audrey Penn