



# Counseling Corner

PENN WOOD ELEMENTARY

3RD TRIMESTER, 2021

## HELLO PENN WOOD FAMILIES!

My name is Delaney Bowes and I am the Substitute School Counselor here at Penn Wood Elementary for the rest of this school year. I am so excited and honored to be joining the PWE team and am here to support you and your students in any way that I can!

Prior to coming to PWE, I served as the Director of Guidance at Bonner and Prendie High School in Drexel Hill, PA. I completed my Bachelors of Science degree in Psychology and went on to complete my Masters of Education in School Counseling with K-12 certification from West Chester University. During my graduate work, I was lucky enough to intern at Starkweather Elementary and fell in love with the pillars of this district and the sense of community fostered by the strong relationships between students, families, and educators.

Through classroom lessons, individual meetings, small group sessions, and comprehensive support, I hope to complement the amazing work already happening here at PWE and empower our students to become their best selves! I am committed to collaboration and team work in serving the needs of students, educators, and families- especially in a year like this! Thank you so much for your time and the warm welcome I have already received, I have truly been overwhelmed by your kindness and support. I look forward to getting to know everyone better and working together in support of the amazing PWE students! Go Bears!

**MISS BOWES**

## WHAT'S INSIDE

Hello from Miss Bowes!

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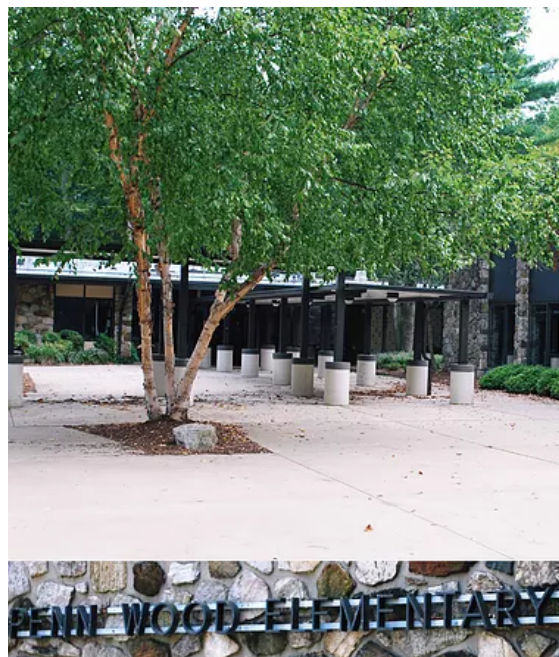
# Spring

*is on its way!*



# We can't wait to see you!

## THE RETURN TO SCHOOL CAN BE EXCITING & CHALLENGING



The many up's and down's of this year can bring a variety of emotions for us all. Whether your student is returning to in-person instruction or remaining cyber, the tips and tools below can help in processing these emotions and helping your student to continue to cope and meet challenges with resilience!



Mind Yeti: guided mindfulness program sessions designed for educators and families to do alongside children, or for older children to do on their own,



Helping children and families Cope with the COVID-19 Pandemic: This comprehensive guide includes strategies for speaking about and coping with challenges related to the COVID-19 pandemic...it even has self-care strategies for parents/caring adults!

Is your student nervous about the first day back? Try these tips!

- **Thank them for expressing their emotions in a healthy way.** When your child can approach you and express emotion prior to a precipitating event (morning of the first day, drop-off, etc.), they are already working hard to cope. When we reinforce this, it helps our children to know that emotions are normal and natural, and we can cope with them.
- **Read a book, or act out the first day w/ them.** For younger students, books like 'Hey, Warrior' by Karen Young or 'Wilma Jean the Worry Machine' by Julia Cook are wonderful resources. For older students, try acting out what that first day might look like. Have fun with it and show them that everyone can feel nervous sometimes, we're in this together!
- **Come up with a Game plan.** A special handshake, code word, or morning routine can help the first day and the days to follow go smoothly. Let your child take the lead and empower them to cope with what they are feeling, they've got this!

Stay Connected!

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