

Guidelines

Colonial Heights Middle School Guidance Newsletter



November 2017



Appomattox Regional Governor's School (ARGS)

The Appomattox Regional Governor's School for the Arts and Technology serves students in grades 9-12 from area school divisions who have a strong interest in the arts or technology as well as in achieving academic excellence. Interested students and their parents are invited to meet current ARGS students, teachers and administration, and to learn more about ARGS at the ARGS Information Session on Thursday, November 16th beginning at 5:25 p.m. For more information, visit the ARGS web site at www.args.k12.va.us.

ARGS application packets are now available in the guidance office to 8th grade students currently enrolled in Algebra I who are interested in applying to ARGS for the 2018-2019 school year. Completed application packets must be returned to Mr. Hathaway in the guidance office no later than **2:30 p.m. on Friday, December 1st**.



Helping Your Anxious Child

Rather than telling your child "You'll be fine," or "Don't worry about it," try one of these phrases the next time your child is feeling worried:

"I am here; you are safe." Anxiety has a way of making things look worse and feel scarier. These words can offer comfort and safety when your child is feeling out of control, especially if they are at the height of their worry.

"Tell me about it." Give your child room to talk about their fears without interrupting. Some children need to have time to process through their thoughts. Do not offer solutions or try to fix it. Children sometimes do better with a set amount of time: "Let's talk about your worries for 10 minutes."

"Can you draw it?" Many kids cannot express their emotions with words. Encourage them to draw, paint or create their worries on paper. When they are finished, make observations and give them a chance to explain the significance of what they drew or painted.

"Let's change the ending." Anxious children often feel stuck in the same pattern without a way out. Help them see different options by telling their story, but leaving off the ending. Then, create a few new endings. Some can be humorous, but include some realistic endings too.

"Do you know about (fill in the blank)?" Some children feel empowered when they have more information about their fear (especially things like tornadoes, bees, elevators, etc.). Grab a book from the library, do a science experiment, research together online: How often does your fear happen? How do people stay safe?

"Which calming strategy do you want to use?" Work proactively to create long list of calming strategies your child finds useful. Practice them at random times when your child feels calm. When your child feels a worry sneaking into their thoughts, encourage them to pick something from the list.

"I'm going to take a deep breath." Sometimes our children are so worried that they resist our encouragement to pick a calming strategy. In this case, use yourself as the calming skill! Verbalize what you are doing and how it makes you feel.

"It's scary AND..." Acknowledge your child's fear without making it even more frightening by using the word "AND." After the word "and" you can add phrases like, "You are safe" or "You've conquered this fear before" or "You have a plan." This models an internal dialogue your child can use next time they are feeling worried.

"This feeling will pass." This may be a phrase you can both use when your child is at the height of panic. All feelings pass eventually. It often feels like they will never end, you won't make it through, or it's too hard. And that's OK. Don't let your brain get stuck in that moment; focus on the relief that is on the horizon.

Source: Nicole Schwartz, Licensed Marriage & Family Therapist
<https://imperfectfamilies.com/help-anxious-child-parents-guide/>

