

SCHOOL COUNSELOR NEWSLETTER - MAY 2018

Allyson Moore - Chipeta Elementary

Hello Chipeta Families!

It's May and summer is right around the corner!!

Kids may be home alone during the summer for a short time (or an extended time, if they are older). Here are a few suggestions to implement a Summer Safety Plan for your kids and your family.

Identify Safe People:

- List out their names
- Write out their phone number(s)

Identify Safe Places:

- List out the names of these locations
- Write out the addresses
- Make sure kids know how to get to these safe places

Prepare for Safety Situations:

- Talk about "When this happens..."
- Write out "I can..."

Also, while summer is a time to sleep in and stay up late, it's also helpful to maintain some sort of routine (even if it is different from the routine during the school year). Create a Summer Routine with your kids that includes a wake-up time, activities for morning, afternoon, and evening, as well as a go-to-bed time.

Need some help and don't know where to start? Below are some resources that you may find helpful.

General Community Resources:

Mesa County Department of Human Services
Community Resources:

<https://humanservices.mesacounty.us/>

Grand Junction Area Chamber of Commerce
Community Resources:

<http://gjchamber.org/area-info/communityresources>

Western Colorado Community Foundation
Community Resources (Mesa County):

<http://wc-cf.org/community/communityresources/>

If you need any help finding counseling resources for your child or your family for the summer, please let me know. I'm happy to help!

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