

## *From Your Ridgecrest Counselors*

We are excited to be back bringing you topics, articles, and ideas in an effort to communicate with the Ridgecrest community. We will tackle issues and themes that occur throughout the school year and offer our insights and hope to hear yours, too. As always, if you have a specific subject you are interested in learning more about from the counselors, please feel free to reach out to one of us. As done in the past, letters will be sent via email blast, posted on the Counseling page on both Edline and the RIS App, and Twitter (@HeidiShulman).

New this year! Ms. Shulman is bringing Ridgecrest Counseling to you via Twitter. Click here to [follow her @HeidiShulman](#). Tweets will include school updates, counseling matters, and another way to connect with the counselor.

With a new school year comes a fresh start. Students are most successful when there is a strong spirit of cooperation between home and school. Establishing positive examples from the beginning will set the tone for a successful school year ahead:

- Develop a consistent daily routine after school with a set time for homework
- Provide a quiet area free from distraction for homework
- Check student's agenda book and assignment folder(s) daily
- Student should attend school every day; good attendance is important. Get to class on time
- Limit TV, cell phone, electronics, and time spent on the computer
- Provide all necessary supplies for each class and help your student stay organized
- Enlist a peer tutor or get information about tutoring services available at school
- Allow student time to "decompress" through sports and/or extracurricular activities throughout the week
- Encourage your child to do well, offer positive reinforcement when success is shown, and support your child when s/he feels challenged
- Implement clear rules and consequences and monitor your child's whereabouts
- Maintain open communication between you and your student's teachers by regularly checking Aeries, Edline, Edmodo, RIS App, your student's school notes, reading all newsletters sent home, and calling or emailing with any questions or concerns you may have

We are thrilled for what promises to be another great year at Ridgecrest. We look forward to hearing from you and working with you. If we can be of support or assistance, our door is always open.

*Heidi Shulman & Jesse Allen*