

SCHOOL COUNSELLING

SETTING YOUR CHILD UP FOR SUCCESS IN THE SCHOOL HOLIDAYS

Supporting Wellbeing, Routine and Readiness for Term 4

As we reach the end of Term 3, I want to thank all the families, students and staff who have accessed the school counselling service this term and engaged in the fortnightly newsletters. It's been a privilege to support your children's wellbeing and growth, and I look forward to continuing this work in Term 4.

The school holidays are a great time for rest, fun and connection, but they can also come with changes in routine, boredom, and a shift away from daily structure. With a few gentle supports in place, the holidays can be a time for children to recharge and stay emotionally ready to return to school confidently.

Holiday Tips for a Smooth Transition into Term 4:

1. Keep a Light Daily Rhythm

Holidays don't need strict schedules, but kids still benefit from predictable routines. Try to keep:

- A consistent wake-up and bedtime
- Regular mealtimes
- A balance of screen time, movement and rest
- Quiet time each day to wind down

2. Support Emotional Regulation

Big feelings can still show up during holidays- especially if kids are tired, overstimulated, or missing friends.

- Create space for calm activities like drawing, music, reading or outdoor play
- Talk about feelings when they arise without jumping to "fix" them
- Help them name emotions: "You seem a bit off today, do you know why?"

3. Encourage Connection

Plan time with family, friends or safe social outings. Positive relationships help maintain social confidence and reduce separation anxiety before school returns.

4. Build Confidence with Independence

Give your child opportunities to make small decisions or complete tasks independently (e.g. packing a bag, helping with meals). These build resilience and confidence that carries into the classroom.

5. Gently Prepare for the Return to School

As Term 4 approaches:

- Start shifting back into the usual bedtime and wake-up times
- Talk about what they're looking forward to at school
- Revisit school bags, uniforms, and lunch routines in the final days
- Validate any nerves while focusing on what feels familiar and safe

Warmly,
Emma Aleksovska,
School Counsellor

