

# COUNSELOR'S CORNER

## Riverside Prep Elementary School

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### Back To School Tips

- Breakfast: It's essential for students to start their day with healthy nutrition – school breakfast 8:00-8:30am.
- Bedtime: Develop a sleeping routine that is consistent and that allows for adequate sleep.
- Find a work space in your home where your student can study without distraction.
  - Prepare for the school day the night before.
- Communicate with your student's teacher and school staff.

### Recommended Books

- *First Day Jitters* by Julie Danneberg
- *How Do Dinosaurs Go To School?* by Jane Yolen
- *The Pout Pout Fish Goes To School* by Deborah Diesen
- *All Are Welcome* by Alexandra Penfold
- *How To Get Your Teacher Ready* by Jean Reagan

## August Guidance Lessons:

