

Counseling Newsletter

SPRING ahead into 2019!



Time to create healthy habits!!!



March is National Nutrition Month!

Studies have proven that good nutrition has the potential to positively influence students' behavior and academic performance. With better nutrition students are able to learn more efficiently, decrease the number of absences, and increase focus and motivation. All students have the potential to excel in school. Adding a well balanced diet and an active lifestyle to a child's routine can increase their ability to thrive.

Feed Your Mind & Body

Studies have found that young people with the healthiest diets are about **half as likely** to have depression compared to those with the diet highest in junk and processed foods. Along with healthy nutrition, one of the best things you can do for your child is to encourage them to exercise and participate in activities that will keep them moving.

Studies show that exercise has the following benefits for teen mental health:

- Positively impacts levels of serotonin, a chemical that helps regulate mental health.
- Releases endorphins, the body's natural "happy chemicals."
- Lowers levels of the stress hormone cortisol .
- Stimulates the neurotransmitter norepinephrine, which improves mood.
- Increases self-esteem and body positivity.

Research shows that how often we exercise is more important than how vigorously we exercise. Support your child in developing these healthy habits; get out there and try something new! Involving children in activities is a great way to reduce anxiety as well!



Anxiety among middle school students has been increasing at an alarming rate. If you child is suffering from anxiety, there are many things you can do to help. For more information and tips on helping your child cope with anxiety please view the link below:

<https://www.usatoday.com/story/news/nation-now/2017/08/10/12-ways-help-kids-cope-school-anxiety/554908001/>

Making the Grade...

Marking Period 3 is coming to a close! Please be sure to review your child's grades by logging into the Genesis Parent Portal. Genesis is an excellent resource to utilize in order to keep track of your child's assignments and grades. If you cannot log into Genesis, please contact: support@hhschools.org

- Please be advised of the following resources:
- Each teacher holds extra help session once a week.
- National Honors Society tutoring is available in the media center before school M-F and after school on Tuesday in the Media Center.
- Free websites that provide online tutorials and homework help including:
www.khanacademy.org
www.librarytutor.org
www.mathtv.com/videos_by_topic

Please contact your child's teacher(s) directly via email if you have any questions regarding your child's progress in a specific class.

Important Dates to Remember:

- 4/1- ELA Quarterly
- 4/2- Math Quarterly
- 4/3- Social Studies Quarterly
- 4/4- Science Quarterly
- 4/5- **End of MP 3**
- May 8-10- Washington DC Trip

Testing 411

ELA NJSLA Testing in the Middle School has been scheduled for April 25th and 26th

Math NJSLA Testing in the Middle School has been scheduled for April 29th - May 1st

