

The Travell Counselor's Corner



Melissa Miller, Travell School Counselor

June has arrived, and summer will be here before we know it!

I hope everyone has wonderful plans that include a great balance of excitement, yet relaxation. On my website, you will find a few links to several different articles that provide tips and tricks on how to enjoy the most productive, rewarding, memorable & enjoyable summer season!

In addition, many of the mental health practices in the area offer small group opportunities during the summer. With a lighter schedule, this could be the perfect time for your child to try one of these social experiences! The topics and structure can vary, but please use the link on my website to explore some options if your child could benefit from improvement in social skills, emotional regulation, executive functioning, stress management, grief counseling, or just an additional positive relationship they can rely on during a more unstructured time of year.

Overall, this has been a truly special 2nd year for me here at Travell. Meeting each of the new kindergarteners will always be exciting! However, walking into a building where I already knew so many faces this September was a new and incredible feeling as well. It made me realize that I will only grow more and more emotional with each graduating 5th grade class! The amount of growth demonstrated by all of the students in just one year's time had been amazing to witness and humbling to be a part of. I can only look forward with excitement to the privilege of learning more about and growing alongside each family here. I sincerely thank you all for sharing your children with me, and I appreciate your tremendous support.

If we ignore the other "tips and tricks" referenced above, let us all pledge to this:

Be mindful, be *grateful* and **enjoy the summer!**

