



OUR OFFICE LOCATIONS:

South County/

Administration Office

9200 Watson Rd, G-101

St. Louis, MO 63126

P: 314.544.3800

Bellevue Neighbors Office

10235 Ashbrook Drive

St. Louis, MO 63137

P: 314.831.1533

Florissant Office

1385 Harkee Drive

Florissant, MO 63031

P: 314.831.1533

Herculaneum Office

1349 McNutt Street

Herculaneum, MO 63048

P: 636-638-2203

O'Fallon, MO, Office

311 South Main, Ste. 100

O'Fallon, MO 63366

P: 636.281.1990

Troy, MO, Office

#140 Professional Pkwy

Troy, MO 63379

P: 636.528.5911

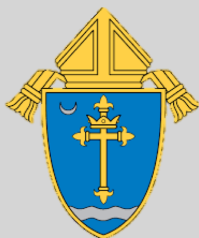
Union Office

Franklin County Family Resource Center

500 Clark Avenue

Union, MO 63084

P. 636-583-1800



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Counseling School

Partnership Program (SPP)

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SaintLouisCounseling.org

SCHOOL TOOLS

MAY 2021

... THAT'S A WRAP!

Congratulations on a successful 2020/2021 school year! Students, parents and educators are all deserve a much-needed break after this unique school year. This summer, we hope you take time to spend the next few months with family and friends enjoying hobbies, vacations, and relaxation at home.

Although summer is considered a school "break," we understand mental health concerns don't always slip away as the school year ends. If you experience a family change or loss, concerns with your child's mental health or well-being, or just need some self-care tips of your own this summer, you may look back on previous "School Tools" and "Parent's Corner" tips from this school year on our Saint Louis Counseling website.

If you or your child are struggling beyond this and would benefit from extra support, we continue to assist clients throughout the summer at our office locations listed to the left. Please look at this as an opportunity to reach out if you need it -- we are always here to help!

A big "Congratulations" to...

- High school graduates entering college/careers
- Middle school graduates entering high school
- Elementary school students entering middle school
- And all the parents and guardians who have helped them along the way!



COMBATting SUMMER LEARNING LOSS

Years of research has shown that students typically score lower on standardized tests given at the beginning of the year and tend to lose skills over the course of the summer. Here are ways to promote learning, without it *feeling* like learning:

- Practice measurements and reading recipes in the kitchen while cooking.
- Challenge your child's problem-solving and cognitive functioning with family game nights, puzzles, Lego-building, etc.
- Sign up for a library card, or create a home library to practice summer reading minutes.
- Introduce your child to audiobooks, especially little ones at bedtime to help with sleep!

- Create art and science projects together. Summer is the best time to incorporate nature in these projects!
- Teach a new vocabulary word each week.
- Make math "fun" by totaling items with your child when at the grocery store or assisting you in counting out allowance money.
- Visit museums, the Science Center, or Magic House to integrate skills into their play time.

Lastly, don't forget to allow time for mindfulness, relaxation and play. These are the best ways to continue teaching social skills, leadership and emotion management and will better prepare your child for a new school year in August!