

# October

## COUNSELING NEWSLETTER

### The Anxious Generation by Jonathan Haidt

I had the pleasure of sitting in on Jonathan Haidt's Webinar on The Anxious Generation. Here are few key takeaways: There is rising anxiety and depression among youth, largely due to social media use and overprotective parenting. Social media fosters constant comparison and bullying, while "helicopter parenting" limits children's independence and resilience. The decline in unstructured play also hinders social and emotional development. Haidt suggests reducing social media use, encouraging face-to-face interaction, and giving children more freedom to build resilience and reduce anxiety. A cultural shift is needed to address these growing mental health challenges. I recommend reading this book for your personal gain! Book is linked in title.

### What's In This Month's Issue?

- The Anxious Generation
- How to Handle Screen Time at Home
- Solidarity Day & Red Ribbon Week
- Office Hours



### How to Handle Screen Time at Home

Set clear guidelines that prioritize schoolwork and healthy activities like family time, physical exercise, and reading. Encourage your child to take regular breaks from screens and engage in activities that promote creativity and social interaction. For example, you might create "no screen zones" during dinner or family time and set a rule that screens are turned off an hour before bedtime. It's essential to model good screen habits as well, and to have open conversations about the content they're accessing. Strive for balance, so that technology enhances learning without overshadowing other important aspects of life.

## SOLIDARITY DAY & RED RIBBON WEEK

Solidarity Day will be on Monday October 7th. This is a day to unite against bullying and promote a school culture of acceptance, kindness, and inclusion.

All students and faculty are asked to wear an orange shirt and participate in classroom activities centered around solidarity.

Red Ribbon Week will begin on Monday October 21st and end on Friday October 25th.

Look out for more information on our upcoming events!



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Communication is key, so please don't hesitate to reach out to me with any concerns, questions, or insights about your child. Whether you're seeking advice on academic support, navigating social challenges, or simply looking for someone to talk to, I'm here for you.

## OFFICE HOURS

I will be holding office hours every Wednesday from 3:30pm-5:00pm to provide additional support for parents. During this time, you can drop in to discuss any academic, social, or personal concerns, ask questions, or seek advice. Whether you need a quick chat or a longer conversation, I'm here to help. You can schedule a 15 minute appointment by emailing or giving me a call directly. If these times don't work for you, please feel free to reach out, and we can arrange a time that fits your schedule. I look forward to connecting with you!

**Contact me**

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