

School Counsellor Newsletter



It's the little things

Edition Thirty

At the first assembly of the year, Deputy Headmaster, Mr Hocquard, spoke to the School about 'the little things' and how these matter. Sometimes when things are new, whether it be Medbury itself, or simply being in a new year level with a new teacher, students can become overwhelmed with big things and big emotions. For example excitement about meeting new people in their class, worries in regard to remembering new rules and routines, nervousness about trying a new extra-curricular activity, joy at being able to play in a new playground area at break times. These big emotions can result in forgetting things that matter. Excitement and joy might mean your son forgets to listen to instructions, and worries and nervousness might lead to your son not wanting to try new things. Remembering the little things can help to make these big things and big emotions more manageable.

Some of the little things Mr Hocquard talked to the students about included making their bed each day, remembering to bring their sunhat, using their manners, and helping out new students. These actions take just a few seconds but create important feelings of accomplishment, self-management, respect and caring for others. No matter how challenging things are or how big your son's emotions may have been on a particular day, you can always take time to talk with

him about the little things he was able to achieve that day. When you look at all of the little things - whether it be getting himself dressed, packing his bag without being asked to, feeding the dog, helping to make his lunch, being brave and asking his teacher for help, remembering where to meet Mum or Dad after school, being kind to their sibling, or giving their least favourite vegetable a try at dinner - combined all together the little things can add up to a day full of achievements.

As we continue to settle into the year ahead I encourage you to take the time to talk with your son about how his year is going - whether it is his first or eighth year at Medbury there will always be things that are new and possibly overwhelming. You might consider developing a new routine where you set a goal of thinking of three little things your son could do each day to make a positive difference for himself or for others. Or you might like to reflect at the end of each day over dinner, asking your son to list three little things he was grateful for that day, or feels proud about that day or would like to do better the next day. Come up with questions or approaches that work for your son, and don't forget to include yourself in the goal setting or reflections as well! Hopefully this will add to what you are already doing, or give you something new to try. You never know, this one little thing might just make a big difference.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the School Counsellor can provide, please see your son's homeroom teacher or Amos Pilgrim
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