



# *BMS Parent Coffee: Wellness*

Panel Discussion  
March 2, 2021

## *Members of the Panel*

**Suzanne Ryan**, School Nurse: [sryan@shsd.org](mailto:sryan@shsd.org)

**Marcy Craver**, School Counselor: [mcraver@shsd.org](mailto:mcraver@shsd.org)

**Chris Habermas**, School Counselor: [chabermas@shsd.org](mailto:chabermas@shsd.org)

**Jamie Koransky**, Director of Student Services: [jkoransky@shsd.org](mailto:jkoransky@shsd.org)

**Jaime Walker**, Director of Guidance: [jwalker@shsd.org](mailto:jwalker@shsd.org)

# *Workshop Overview*

- Approximately 30 minutes allotted for panel discussion on wellness tips
- Questions solicited in advance; post questions in the chat
- Focus on wellness only; no student-specific questions, please!

## *How Do I Encourage My Child to Maintain a Routine at Home?*

- Maintaining some structure at home is important.
- Create a simple, flexible routine.
- Sample:
  - Wake up
  - Brush teeth/shower/ get dressed
  - Have breakfast
  - Start virtual learning
  - Have lunch
  - Instructional Support/ homework completion
  - Downtime/ Outdoor activity
  - Dinner
  - Reading
  - Bed
- Make this a collaborative task.

## *My Child Seems to be Procrastinating More Than Usual. How Can I Help?*

- Avoidance of uncomfortable emotions vs. time-management?
- Create an environment conducive to learning.
  - Have a designated work space (other than their bed!)
- Help them get started and/or set goals.
  - Chunk tasks.
  - Just 5 minutes.
- Encouraging breaks throughout the day.
  - Boosts productivity.
  - Helps one think more clearly.
  - Allows one to stay focused for longer periods of time.
- Provide praise and/or things to look forward to.

## *How Do I Help Support My Child's Physical and Mental Wellbeing?*

- Exercise regularly
- Encourage healthy eating
- Drink plenty of water to keep well hydrated
- Encourage good sleeping habits
  
- Model self-care.
  - Finding activities that bring joy
  - Relaxation Techniques
  - Make wellness a family affair
  
- Encourage children to be physically distanced but socially connected with friends.
  
- Be present
  - Listen and keep lines of communication open
  - Acknowledge small successes
  - Help them focus on what they can control

## *How Do I Get my Child on a Better Sleep Schedule?*

- Stick to a consistent sleep schedule, even on the weekends.
- Better sleep tips:
  - Soothing sounds/relaxing music.
  - Keeping a cool, dark environment.
  - Turning off all electronic devices at least 30 minutes before bedtime.
  - Avoiding large meals or caffeine too close to bedtime.
  - Taking a warm shower before bed.
  - Practicing relaxation techniques to better manage stress.

## *How Can My Child Stay Connected to BMS While Virtual?*

- Utilize instructional support in the afternoons
- Staying connected with other peers.
  - Virtual study groups
- BMS Clubs
- Community Service Opportunities

## *What Do I Do If I Have Concerns About My Child's School Performance?*

- Reach out to teachers.
- Encourage your child to make use of class time and of the the Instructional Support period from each day.
  - Students check email daily
  - Students check PowerSchool weekly
- Reach out to counseling professionals.
  - Your student's School Counselor [chabermas@shsd.org](mailto:chabermas@shsd.org), [mcraver@shsd.org](mailto:mcraver@shsd.org)
  - Lisa Drew, Student Assistance Counselor [ldrew@shsd.org](mailto:ldrew@shsd.org)
  - Jaime Walker, Director of Guidance [jwalker@shsd.org](mailto:jwalker@shsd.org)
- Speak with your child's pediatrician.
- Access mental health & wellness resources on district website.

## *Additional Resources*

- Somerset County Community Agencies & [Resources](#)
- [Substance Abuse and Mental Health Services Administration](#)
- National Association of School Psychologists--[Resource Center](#)
  - [Tips](#) for Parents--Navigating the Pandemic
- National Alliance on Mental Illness (NAMI)--[Resources](#)
- SHSD Website (Guidance and SAC pages, COVID-19 resources)



**Please post  
questions  
in the chat.**

**Thank you for attending  
this presentation!**