

E.J. Moss Counselor Connection

EJ Moss Intermediate | Lindale ISD



**4th Grade
Counselor & 504 Coordinator**
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**5th Grade
Counselor & 504 Coordinator
Lead Elementary Counselor**
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**6th Grade
Counselor & 504 Coordinator**
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Connect with Your Child's Counselor

School counselors play an important role in your child's education. EJ Moss intermediate is fortunate to have three school counselors to serve the campus. Each counselor is assigned to a grade level in which they teach Social-Emotional Learning lessons (SEL), serve as 504 coordinators, organize state testing, as well as provide emotional supports to maximize and strengthen your student's educational experience.

Our goal is to work in partnership with parents and families to help all students find success. We have a variety of resources available to assist in challenging situations. Connecting with your child's school counselor is easy and we look forward to getting to know you and your child better throughout the year.



Taymar, Claire, Harper, Zeke, Elijah, Malikai, & Wyatt

Helping Kids Back into the School Routine

With praise, understanding, and some structure you can smooth out back-to-school jitters

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the beach to the classroom easier for you and your child.

- **Validation:** Let your child know that his nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that he is not alone in this experience will help your child feel he's being heard and understood.
- **Morning Routines:** A common change that occurs as we begin the school year is a new morning routine. To help your child be successful, discuss what her morning routine will look like during the school year. Provide your child with simple, well-defined, and easy steps for their routine so that they have a clear idea of what you expect and so that it's easy to follow along with you! Giving specific praise when they complete each lets them know that you love what you're seeing.
- **Homework:** Another transition that can be rough after summer break is homework completion. Like the morning routine, providing your child with a structured schedule can help him stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will take advantage of the daylight hours and provided encouragement, motivation, and assistance when needed. Letting your child know that you understand the hard work they are putting in and being ready with frequent positive feedback for his effort can help motivate him to get homework done.

- **Bedtime:** Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during the summer, so the new school schedule can be difficult to get acclimated to. As with the morning routine having a nighttime schedule can assist in creating structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise at the completion of each step. Additionally, visual reminders can help your child have something to refer to as she goes about her routine. Most kids want more time watching their favorite TV show or finishing that last level of a video game, and setting time limits can be a great way to put a boundary around the winding down time that they need each evening.

[Click here to read the full article from Child Mind Institute: Helping Kids Back Into the School Routine](#)



Upcoming Dates

- 8/16:** First Day of School
- 9/4 :** Labor Day Holiday
- 9/11:** Parents & family can begin having lunch with their student
- 9/12:** Fall Picture Day
- 9/18-9/23:** Vision and hearing tests
- 9/22:** End of 1st 6 weeks- First Things First & Kona Ice
- 9/26:** West Campus- All grades SOAR store
- 9/28:** East Campus- 4th grade SOAR store
College Color Day
- 9/29:** East Campus- 5th grade SOAR store

What is Social Emotional Learning?

At EJ Moss our social emotional learning (SEL) program is delivered by the school counselors with an occasional guest speaker. Lessons are selected according to grade level needs. During the first six weeks our focus will be for the students to get to know the counselors and for the counselors to get to know the students.

Throughout the school year we will cover a variety of topics. Some examples are listed below.

- social awareness
- cyber safety
- healthy coping skills
- positive character development education