

Counselor's Corner

RESURRECTION CATHOLIC SCHOOL | APRIL 2025



SCHOOL COUNSELOR ACTIVITIES

Autism Awareness Month is observed every April to promote understanding, acceptance, and support for individuals on the autism spectrum. It's an opportunity to educate the public about autism, celebrate neurodiversity, and advocate for inclusion in schools, workplaces, and communities.

Many organizations use this month to highlight the experiences of autistic individuals, debunk myths, and push for better access to resources and services. The movement has also shifted toward Autism Acceptance Month, emphasizing not just awareness but genuine inclusion and appreciation of autistic individuals.

World Autism Awareness Day (April 2nd)

World Autism Awareness Day (WAAD) is observed annually on April 2nd, as designated by the United Nations in 2007. The day aims to raise global awareness about autism, promote acceptance, and foster inclusion for autistic individuals.

HIGHLIGHT OF THE MONTH

TEST TAKING TIPS

Some students experience stress and anxiety with test taking. Here are some tips below that your child can use to set themselves up for success!

SETTING YOUR CHILD UP FOR SUCCESS DURING TESTING

EAT A HEALTHY BREAKFAST

Good choices are oatmeal or whole-grain cereal, fruit, and low-fat milk. **Avoid foods high in sugar!**



REMAIN POSITIVE

Staying calm will help your child stay calm. Practice deep breathing/relaxation techniques with your child



BE PREPARED

Have all your school materials packed the night before school



ARRIVE EARLY TO SCHOOL

Arriving to school late creates a stressful situation for your child. Wake up 10 min. early for a stress free day!



DRESS COMFORTABLY

Wear comfy clothes and dress in layers so your child can keep their sweatshirt on if cold, or take it off if they are hot



GET PLENTY OF SLEEP

6-12 year olds should have 9-12 hours of sleep each night



Test Anxiety Coping Tools

- Take Deep Breaths
- Talk to Someone
- Use Positive Self-Talk
- Take a Break

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Test Taking Strategies: Click [HERE](#)
- Help Your Child Prepare for Tests: Click [HERE](#)
- 9 Anxiety Busters for Kids Taking Tests: Click [HERE](#)



SCHOOL COUNSELOR

Mrs. Stefano, M.A.



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