

Counselor's Corner

Cindy Frederick, MS

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Dear Parents,

I embedded an article in this newsletter that talks about the gift of time. In recent conversations with friends, the surprising sentiment centers upon the question "How will we go back to normal?" It seems that resilience and adaptation have, indeed, triumphed and a slower pace is actually refreshing. Yes, it is definitely still a struggle and the uncertainty is undeniably stifling at times. However, as parents of teenagers, there is a resounding sigh of relief and gratitude. How many of our children would willingly choose to spend copious amounts of time with us and their siblings? And, yet, this is where we are. Numerous articles and verbal exchanges celebrate simple ways to spend time. Teenagers are taking walks, enjoying movie nights on the couch, and doing puzzles (seriously?). The future is yet to indicate if these new/ old traditions will continue. However, certainly, we have learned that more is not always better and that family time can still be a cherished priority when "real life" resumes.

Be well,

Cindy Frederick, MS
Upper School Counselor

LOOKING FOR THE RIGHT WORDS?

With uncertainty still looming, author Elizabeth Spencer gives advice on how parents can still provide encouragement (without over-promising). She suggests ways to provide hope without saying, "There's always next year." Here are her top tips:

1. "I'm so sorry" — allow them to grieve and vent.
2. "I'm so proud of what you've already done." — validate the sacrifices, risks, and achievements made.
3. "Doing what you've done in the past may look different, but it can still be good."
4. "No one can take away what you've already gained." — The friendships and victories are still theirs to keep.
5. "Someday your memories will be more happy than sad." — Time allows the space to see this moment as only a fragment of their experience.
6. "Do you want to try something new?"
7. "I love you to no end." — Despite the disappointments of unfulfilled expectations, your love and support is steadfast.

[When You Can't Say There's Always Next Year](#)

WALKING AS A NEW TREND TO CURB ANXIETY?



According to the Washington Post, teens are walking as a way to mitigate anxiety. On point, Alex Cook and Kaleigh Phillips have sparked a new trend with the ["Bayside to Grand Hotel"](#) challenge. Many students have completed the ten mile pilgrimage, including my daughter and me. [Washington Post: Teens Walk As a Cure](#)

THE GIFT OF TIME



An article provided by SAIS underscores the unexpected windfall of time we've been given with our families. **A must read, especially for parents of seniors.** As the parent of a college senior, I am profoundly grateful for this unexpected opportunity.

[A Chance To Reinvent Family](#)