

## MAY NEWSLETTER



# Counselor's Corner



Cindy Frederick, MS

E: [cfrederick@baysideacademy.org](mailto:cfrederick@baysideacademy.org) T: (251) 338-6467

Parents,

It's time for a well-deserved break as you savor the satisfaction of another year fulfilled. May held a dizzying number of exams and award ceremonies and, of course, our revered graduation ceremony. With all of the momentum, it's necessary to take a minute and savor the year's end. The fact is that every student, award or not, has grown tremendously over the past ten months. Many times, students are compared to a select few. This is a dangerous misjudgment, especially for parents. Instead, consciously focus on what your child has specifically achieved and overcome. To this end, a student recently relayed a great bit of wisdom that entailed "watching her home runs." In other words, she was told to pay attention to things done well before hurriedly running to the next base.

As educators, we are encouraged to debrief the year by setting aside time for reflection. We ask ourselves what are we proud of, what risks did we take, where did we grow, and what is an area for improvement. This is a much needed process that allows us to realize that, many times, we stretched and achieved more than we give ourselves credit for. That being said, the process also helps us identify where we need to invest our energies next year.

It would be useless to simply say, "I'm going to work harder next year." Often times, however, students are limited by this mentality. Rather, take the summer to take inventory with your child. To facilitate this process, I've included a guide from the Washington Post. ([Reflective Questions To Ask Your Child](#)). The article also provides a parent portion and will, hopefully, spark dialogue between you and your child.

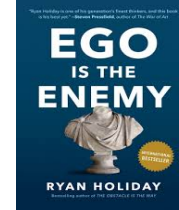
Thank you for sharing your child with us this year. It is truly a privilege to work amongst our deeply invested faculty and in partnership with you. Bayside is enriched by every family and I look forward to seeing you next fall.

Happy Summer!  
Cindy Frederick



## SUMMER READ FOR FACULTY

This summer, the faculty is reading *Ego is the Enemy* by Ryan Holiday. The book was suggested by Adam Richardson, history teacher and senior grade dean. It highlights the importance of "discipline and humility" in overriding our "destructive egos."



## NEW PEER HELPERS CHOSEN!



Andi Millsap and I are thrilled to welcome our new Peer Helpers! Training will begin on August 1 and 2, which also coincides with the Jennifer Claire Moore Foundation's Annual Rodeo.

## SUMMER PROFESSIONAL DEVELOPMENT

This summer, all division counselors will be seeking professional development opportunities. Cristina Green and I will be attending the Southern Association of Independent Schools Counselors' Conference in Atlanta. Meanwhile, Andi Millsap will be attending UC Berkeley's Summer Institute for Educators.

## SHOUT OUT TO THE COC

A special thank you goes out to Lisa O'Hara and the Community of Concern for organizing an exam "stress-free" event for our Upper School students. The COC provided snacks, a Zen area, and a pet therapy zone in partnership with the Baldwin County Humane Society.

## WHAT TO READ NOW

[A Better Way To Develop Your Child's Confidence](#)