

The Counselor's Corner

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367-4030

Announcements

- For Students - please complete the survey listed below for the school-year 2024-25. Click the link to complete.

[Survey for Students](#)

Counselor's Schedule

Monday - Friday 7:20-3:00

Any questions or concerns
email or call at:

870-367-4030

reginalanehart@billies.org



Hello! My name is Regina Lanehart. I am the counselor at MIS. This is my 27th year in education, and my 22nd year as a school counselor. I have been married for 30 years to my husband Chuck. We have one son, Tripp, who is a senior at the high school this year!

Useful Links for Parents

[How to Teach Responsibility in Children](#)

[Managing Child Behavior Problems](#)

[Creating a Personal Hygiene Routine Tips](#)

[How to Help Your Child with Mental Issues](#)



If you are new to our school, I would like to introduce you to Bella! She is a certified therapy dog that you will see around our building one to two days a week. She is a seven year old Golden Retriever. She loves meeting new people and getting belly rubs. Her favorite toy is her pink rubber ball. She thinks she needs it everywhere she goes!

Bella helps out in the counselor's office a couple of days a week. She will also do classroom visits when invited by teachers. She is great at calming students down and giving them hugs. **New students must complete a form for the MIS therapy dog.** You can find those in our main office with Mrs.

Amber Terry. ❤️

We have a school-wide social emotional learning program. Classroom teachers will teach the lesson and every other staff member will be involved in some way to help reinforce the skills that are taught; skills like empathy, how to

If you would like to refer your child to visit with the counselor, please complete a referral form. Click on the link below.

[Referral Form](#)

**CLICK THE LINKS
BELOW FOR PARENT
NEWSLETTERS**

Screen Free and Active -
parent newsletter page 1

Screen Free and Active -
Parent Newsletter page 2

calm down, problem solving, showing respect, key skills for learning, etc. We are using the Second Step program. For more information you can go to Secondstep.org/families. You may also contact myself or your child's teacher.

It's a great year for learning and being a part of the MIS Family!

Regina Lanehart, NBCT
MIS Counselor

For Parents:

Attendance Matters! Matters A LOT!

Hey Parents! Attendance at school is so important to your child's education! Did you know that if a student misses 5-8 school days a **semester** they are considered at risk for education deficiency? If a student misses nine or more days in a **semester**, they are considered as chronically absent and are at severe risk for educational deficiency! WOW!

There are times when kids really are sick and need to stay home. Completely understandable, especially currently with what we are navigating through. We also know, there are times when your child may not really be sick, and they miss school. This is where absences can start to lead to problems. Help us teach your kids responsibility and dependability by having them at school on time and ready to learn!

I know you guys want the best for your kiddos, as do we. Let's work together to help our kids be successful learners and achieve to the best of their ability!

How important is attendance?

"The attendance rate is important because students are more likely to succeed in academics when they attend school consistently. It's difficult for the teacher and the class to build their skills and progress if a large number of students are frequently absent. In addition to falling behind in academics, students who are not in school on a regular basis are more likely to get into trouble with the law and cause problems in their communities." www.greatschools.org

Check out the links below for more information and tips on how you can help:

[Attendance Tips](#)

[Attendance Tips Spanish Version](#)

Helping Anxious Children:

I see more and more anxious kiddos every year. This is a very real issue that sometimes gets missed. Check out the links below for more information about anxiety and how to cope with it.

Anxiety Explained - click on this link!

<https://kidshealth.org/en/parents/anxiety-disorders.html>

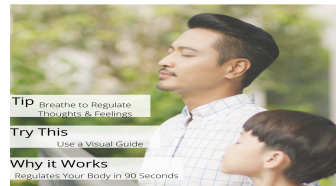
Check out these great tips on how to help children dealing with anxiety.

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Check out this great read on helping kids with anxiety and depression.
<https://www.cdc.gov/childrensmentalhealth/depression.html>

For Kiddos and Parents:

TAKE A BREATH



Tip

Slowing down breathing helps calm the mind and refocuses our individual and collective intention.

Try This

Whenever you feel like you need to catch your breath, do the 30 second breathing exercise called the "Breathe Bubble" for instant relaxation.

You can Download the free Calm meditation app for the "Breathe Bubble" and come back anytime you need it for a shorter or longer breathing session.

Remember, this is good for parents, caregivers and children.

If you don't have the app you can always do a favorite of mine. Breathe in slowly and deeply for seven seconds, hold your breath for three seconds, then breathe out slowly for seven seconds. Repeat this for 1-2 minutes. Just remember 7-3-7!

Why It Works

Dr. Jill Bolte Taylor is a Harvard-trained neuroanatomist whose work shows that the chemicals produced by negative emotion can disperse in 90 seconds, and breathing deeply helps.

Ninety seconds of belly breathing can:

- ⊙ Reduce stress levels in your body
- ⊙ Lower your heart rate
- ⊙ Lower your blood pressure
- ⊙ Improve diabetic symptoms
- ⊙ Reduce depression
- ⊙ Better manage chronic pain
- ⊙ Better regulate your body's reaction to stress and fatigue
- ⊙ Reduce the possibility of burnout for caregivers

Have a Wonderful Day!

Regina Lanehart, NBCT

Counselor

Monticello Intermediate School