

KEEP IN TOUCH!

Communication is vital to your child's success. The best way to contact me is via phone or email.



Cutler Ridge Elementary
20210 Coral Sea Road
Miami, Florida 33189 and



Work: 305-235-4611



EMAIL:

eregalado@dadeschools.net



WEBSITE
cutlerridgeelm.com

IMPORTANT PARENT RESOURCES:

The Parent Academy-
<https://parentacademymiami.com>
305-995-2680 or 305-271-8257

MDCPS Dept. Of Mental Health
Services – Parent Asst. Line 305-
995-7100

Switchboard Helpline- (Miami
Dade County) 305-358 HELP
(4357)

MEET MRS. REGALADO

SCHOOL COUNSELOR



WELCOME STUDENTS AND PARENTS!

I love being a school counselor and being a part of the CRE! I am always excited to meet and build a relationship with our students and parents! I am looking forward to another great school year!

COUNSELING SERVICES:

My mission is to help all students reach their full potential by providing them with a comprehensive developmental counseling program that will help them to reach their personal and educational potential. The program addresses the academic and personal/social development of all students. I provide classroom guidance lessons, individual counseling, small group counseling, and plan special events like Career Day.

MOTTO:

No Act of KINDNESS
< however small >
Is Ever Wasted.

-Aesop



MISSIONtoSave.com

Morning Affirmations for Kids



- 🐝 I am strong and determined.
- 🐝 I choose my attitude.
- 🐝 I am capable.
- 🐝 I matter.
- 🐝 I can get through anything.
- 🐝 I will have an amazing day.
- 🐝 I am ready to learn.



www.centervention.com



PARENT TIPS: HELP YOUR CHILD HAVE A GOOD SCHOOL YEAR

- GET YOUR CHILD TO BED EARLY
- GET YOUR CHILD TO SCHOOL ON TIME
- ESTABLISH A CONSISTENT ROUTINE
- * REVIEW YOUR CHILD'S AGENDA and HOMEWORK
- COMMUNICATE WITH YOUR CHILD'S TEACHER
- SET REALISTIC GOALS WITH YOUR CHILD
- ASK YOUR CHILD WHAT HE/SHE DID IN SCHOOL
- LIMIT SCREEN TIME
- READ WITH YOUR CHILD EVERY DAY
- HEALTHY DIET AND EXERCISE
- TALK ABOUT SAFETY
- PRACTICE POSITIVE SELF TALK
- PRACTICE GRATITUDE