



## October Newsletter The Counseling Corner

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### Classroom Lessons

In **September** all the 5<sup>th</sup> grade students received a lesson about organization and the 6<sup>th</sup> grade about study skills. During the month of **October** we will be presenting a lesson called Stop, Walk, and Talk. The goal of this lesson is for students to be able to identify situations in which they feel uncomfortable, unsafe, threatened, or harassed. Students will be able to distinguish when peer support is enough, or if help from an adult is needed. Please contact your student's counselor if you would like additional information as to how this lesson will be taught.

### Group Counseling

As in years past we will continue to offer small group counseling to students throughout the school year. Grief group will begin on October 4<sup>th</sup>. This group is for students who have experienced the death of a parent, family member, or friend. If you feel your child would benefit from either grief group please contact the counseling department at 789-1400 ext. 455.



### Counselor Coffee Hour, October 18<sup>th</sup> from 8:30am to 9:15am.

At this coffee hour we will be talking about upcoming programs for the year and what services we have available to both parents and students.

### Custodial Concerns

Please contact the counseling department if there are any custodial concerns or issues the school needs to be aware of. This information needs to be updated annually.

## Parent Resources

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### School Counseling Staff

**Richard Cowles**, Adjustment Counselor

**Donna Mendonca**, 5th grade School Counselor for homerooms 104,105, 201-207

**Megan Metz**, 5th and 6th grade School Counselor for homerooms 210-213, 308,314, 320, 321

**Dawn Winiarski**, 6th grade School Counselor for homerooms 301-307, 311-313

**Stacy Wieners**, Secretary

Counselors may be reached at 413-789-1400 ext. 455

### Attendance

Hopefully everyone has adjusted to being back at school. Please remember that daily attendance is important to your students success. It is vital that students arrive on time and prepared to learn. This means completing homework, getting a good nights rest, and arriving to school by 8:20. Students entering the building after 8:30 will be considered tardy and miss out on pertinent daily information. Be sure to contact your school counselor if you have any questions or refer to your students agenda for the district attendance policy.

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