

Dear Parents,

Second semester small group counseling sessions will begin in February. The purpose of counseling groups is for children to gather in small groups to learn and share about common school, social or family issues. Please refer to the group list below. If you feel your child could benefit from **one** of the following groups, please sign and return the form to their classroom teacher by **February 8th**. Students will meet once a week for thirty minutes. Students will be required to make up any missed class work. If you have any questions, please contact me at 364-8080 or email khshaia@henrico.k12.va.us.

Sincerely, Karen Shaia School Counselor KES

Reach for the Stars -Academic Improvement - Grades 3-5

- *Help students increase motivation.
- *Help students improve task completion and time management
- *Help students become more cooperative learners.

Banana Splits - Family Change through Separation & Divorce - Grades K-5

****This group is for children from recently separated or divorced families.**

- *Coping with changes and understanding feelings
- *Developing self-help strategies

Stress busters- Strategies to help reduce stress and improve self-concept Grades 3-5

- *Identify stress and anxiety triggers
- *Learn stress reduction techniques
- *Learn coping skills in stressful situations

Hocus Pocus Learn to Focus - Impulse Control Grades K-5

- *Mastering five steps to self-control
- *Making behavior choices to control impulsiveness
- *Developing coping skills to minimize classroom difficulties

Kool Coyotes-Emotional Regulation

- *Understanding and coping with Feelings
- *Learn calm down strategies
- *Learn positive decision making strategies

Student Name: _____

Teacher: _____

Group: _____

Parent Signature: _____