

Dear Parents,

I am starting our first semester small group counseling sessions in October. The purpose of counseling groups is to give students support in academics, social or emotional growth. 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 Mrs. Shaia via email khshaia@henrico.k12.va.us Students will meet once a week for thirty minutes during the school day. If you have any questions, please contact me at 364-8080.
Sincerely, Karen Shaia School Counselor Kaechele Elementary

Academic All Stars -Goal Setting Strategies and Study Skills - Grades 3-5

- *Help students learn effective organization and time management strategies.
- *Help students learn process of elimination, highlighting key words and using context clues to answer test questions.
- *Help students gain confidence and lessen anxiety related to academic success.

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

- *Coping with changes
- *Understanding feelings
- *Living in two places
- *Developing self-help strategies

Marvelous Me - Improving Self-Control & Following School Rules - Grades K-5

- *Strategies for reducing stress and anger
- *Making good behavior choices
- *Developing social skills to minimize classroom difficulties

Confident Kids- Enhancing Self-Esteem & Self-Confidence - Grades K-5

- *Recognizing personal strengths
- *Identifying individuals that help you feel good about yourself
- *Strategies for overcoming negative thinking

**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

Please sign-up for only one group and refer to the list and grades above.

Student Name: _____ Teacher: _____

Group: _____

Parent Signature: _____