

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 **January 24, 2014** 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

Give me Five - Impulse Control - Grades K-5

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

Positive Choices - Learning to make good choices in our relationships with friends, classmates and adults - Grades K-3

- *Learning to think positively, treat others with respect, and follow rules.
- *Learning to make good decisions.

Remembering Club - Grief and Loss of an immediate family member

- *Understand feelings associated with loss
- *Remembering the deceased
- *Identify support systems

Please return to school by Jan 24, 2014

_____ I give permission for my child to participate in a small group with
Mrs. Shaia School Counselor K.E.S

Student Name: _____

Teacher: _____

Group: _____

Parent Signature: _____