SCHOOL-WIDE SEL

We have been working hard on Feel Good February, though aren’t ready to roll it out yet. We want it to be the best it can be and are looking to roll it out next school year. However, Capitol Hill’s WEB leaders have been busy putting together a spirit week that is taking place the week of February 10-14. The elementary and middle schools are able to participate in dress up days each day of the week.

Elementary

M-Sports day- wear favorite sports gear
T-Throwback day- dress from a different era
W-Animal day- wear clothes to represent your favorite animal
Th-Wacky hair & clothes day
F-PJ day- wear pajamas

Middle School

M-Sports day- wear favorite sports gear
T-Age swap- dress either older or younger
W-Animal day- wear clothes to represent your favorite animal
Th-Tacky tourist day
F-Formal/semi-formal- wear formal/semi-formal clothes

Please encourage your children to participate if they are able to do so!

DO YOU FEEL LIKE YOUR CHILD NEEDS EXTRA SOCIAL-EMOTIONAL SUPPORT?

Counselors and Social Workers run small skill-building groups as needed, in addition to having individual check-in’s with students. We do not provide therapy but can support children both inside and outside of the classroom. If you feel that your child could benefit from extra support at school, please contact your child’s counselor to discuss options. Counselors work in collaboration with our social worker and will share referrals when necessary.

Parents might call the counselor if your child is experiencing: changes at home; challenges in their peer group or making friends; persistent challenges with big feelings; organization and time management struggles; or other personal, emotional, or academic skill needs.
February classroom lesson topics include:

<table>
<thead>
<tr>
<th>1st Grade</th>
<th>2nd Grade</th>
<th>3rd Grade</th>
<th>4th Grade</th>
<th>5th Grade</th>
<th>6th Grade</th>
<th>7th Grade</th>
<th>8th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appreciating Differences</td>
<td>Managing Perfectionism</td>
<td>Social Problem Solving</td>
<td>&quot;Baditude&quot; – changing to a positive attitude</td>
<td>Getting What You Want</td>
<td>All About Me</td>
<td>Smart Goals</td>
<td>N/A</td>
</tr>
<tr>
<td>TBD</td>
<td>Thinking About Careers</td>
<td>Thinking About Careers</td>
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OTHER SERVICES WE PROVIDE:

Mrs. Rinn
- Bi-weekly social/emotional lessons in all 1st-4th grade classes
- Small support groups
- Individual brief and solution-focused counseling

Mr. Nauschutz
- Scheduling for 6th graders
- Bi-weekly social/emotion lessons for all 5th graders
- Quarterly lessons for all 6th grade students
- Small support groups
- Individual brief and solution-focused counseling
- Academic support

Mr. Fomafung
- Scheduling for 7th-8th graders
- Quarterly lessons for all 7th & 8th grade students
- Small support groups
- Individual brief and solution-focused counseling

Mrs. Larson
- Half-time with general education students
- Half-time with students with specialized services
- Individual and small group support
- Crisis Intervention
- Trauma Informed Interventions

"In a world where you can be anything, be kind."

"Empathy"
QUOTE OF THE MONTH

You cannot do kindness too soon, for you never know when it will be too late

-Ralph Waldo Emerson