

# SUPPORT STAFF UPDATES

SOCIAL  
EMOTIONAL  
LEARNING

October, 2019

## Who Are We?

Megan Rinn  
School Counselor Grades 1-4  
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Chi Fomafung  
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Lisa Larson  
School Social Worker Grades 1-8  
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## Highlights of the Month

Unity Day – October 23<sup>rd</sup> – Wear Orange!

Classroom Lessons – Various Topics

Groups – Referrals to Mrs. Rinn (1-4)  
– Mr. Nauschutz (5-6) – Mr. Fomafung (7-8)

## 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.

## WHAT'S HAPPENING SCHOOL-WIDE WITH SEL THIS MONTH?

October is National Bullying Prevention Month, and in honor of that, Capitol Hill will be participating in Unity Day on October 23. We encourage students and staff to wear orange that day to show support for students who have experienced bullying. Students will also be working on a project that will be displayed in the hallways to focus on how we can be kind to one another and stand up for ourselves as well as others.

## WHAT'S HAPPENING IN ELEMENTARY THIS MONTH?

- Counselors will continue to visit every 1<sup>st</sup>-5<sup>th</sup> grade classroom for bi-weekly social and academic skills lessons.
- We will be preparing to start skill-building groups as well - contact Ms. Rinn (1<sup>st</sup>-4<sup>th</sup>) or Mr. Nauschutz (5<sup>th</sup>) to refer your child.
- Mr. Nauschutz will continue to meet with 5<sup>th</sup> grade students individually for their first of three check-ins for the year.

**October classroom lesson topics include:**

1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3 <sup>rd</sup> Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade
Frustration Management, Chill Skills, and Attendance	Focusing Attention, Academic Confidence, & Friendship/Kindness	Compassion and Empathy	Perseverance, Self-Control/Calming Down & Using a Social Filter	Conflict Resolution & Self-Control

**WHAT'S HAPPENING IN MIDDLE SCHOOL THIS MONTH?**

This month we will be entering classrooms to deliver lessons on Coping Skills, Conflict Resolution, and Effective Communication. Mr. Nauschutz will continue to meet with 6<sup>th</sup> grade students individually for their first of three check-ins for the year. Mr. Fomafung and Mr. Nauschutz will continue to take referrals and plan for skill-building and support groups.

**OTHER SERVICES WE PROVIDE:**



Mrs. Rinn

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

Mr. Nauschutz

- Scheduling for 6<sup>th</sup> graders
- Bi-weekly social/emotion lessons for all 5<sup>th</sup> grade students
- Quarterly lessons for all 6<sup>th</sup> grade students
- Goal-setting check-ins 3 times a year with all 5<sup>th</sup> & 6<sup>th</sup> graders
- Small support groups
- Individual brief and solution-focused counseling

Mr. Fomafung

- Scheduling for 7<sup>th</sup>-8<sup>th</sup> graders
- Quarterly lessons for all 7<sup>th</sup> & 8<sup>th</sup> 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



## QUOTE OF THE MONTH

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*I define me. No event or person does this. I define me. I decide who I am and how I'm going to behave, and I choose to be better. To look more carefully, to trudge deeper. To think about other people's pasts and not judge someone for doing or handling something differently than I would. To understand my limitations, my shortcomings – that is my growth edge.*

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