

SUPPORT STAFF UPDATES

SOCIAL
EMOTIONAL
LEARNING

December, 2019

Who Are We?

Megan Rinn
School Counselor Grades 1-4
Megan.Rinn@spps.org

Zach Nauschutz
School Counselor Grades 5-6
Zachary.Nauschutz@spps.org

Chi Fomafung
School Counselor Grades 7-8
Chi.Fomafung@spps.org

Lisa Larson
School Social Worker Grades 1-8
Lisa.Larson@spps.org

Highlights of the Month

Winter Break – December 23 –
January 3

Classroom Lessons – Various Topics

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

WINTER BREAK UPDATES

As always, December is a short month for school. Winter break is quickly approaching and the weeks between Thanksgiving and Winter Break are filled with the energy and excitement of roughly 1,200 students in our classrooms and halls.

With so many days off of school during this time of year, we often see a spike in students requiring check-ins or support from the counselors and social worker. The frequent disruption in structure and routine that comes with days off from school can often be a trigger for our students. As winter break approaches, we encourage students to stick to a routine as best they can. Routine and structure are so important for our students, especially those who may not be looking forward to winter break. Getting enough sleep, waking up and going to bed at the same time, and sticking to a daily routine that keeps them engaged will help students navigate the upcoming breaks successfully.

Furthermore, as the weather continues to grow colder and we get less and less daylight, our mental health can be negatively affected. We encourage students, staff, and families to practice self-care throughout the chilly months ahead. Self-care tips can be found on the Capitol Hill Counseling webpage.

WHAT IS THE BULLYING PREVENTION UNIT?

All SPPS students receive targeted lessons on Bullying Prevention in their classrooms from their school counselors. These lessons are from Second Step, a research-based curriculum that teaches students how to Recognize, Report and Refuse bullying.

Students recognize bullying as when someone is mean, on purpose, over and over, it's one-sided and they can't get it to stop on their own.

These are taught from the preventative and positive lens of how to be a supportive bystander, how to be assertive, and how to get help. These lessons will continue through January.

December classroom lesson topics include:

1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade
Bystander Power	Tattling vs. Reporting	Bullying Prevention	Bystander Power	Rumors and Gossip	N/A	Conflict Resolution	TBD
Big Deal vs. Little Deal	Bystander Power	Bystander Power		Bully Prevention (3 lessons)			

WHAT'S HAPPENING IN MIDDLE SCHOOL THIS MONTH?

- Mr. Fomafung will be entering 7th grade classes to deliver lessons on Conflict Resolution.
- Mr. Nauschutz and Mr. Fomafung will continue meeting with students needing academic support.
- Mr. Fomafung and Mr. Nauschutz will continue small groups and are still taking referrals.
- Believe it or not, we are beginning to look ahead to next year already! Building the class schedule is a long and arduous process that the scheduling team will begin working on soon!

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.

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



QUOTE OF THE MONTH

These mountains that you are carrying, you were only supposed to climb.
