

SUPPORT STAFF UPDATES

SOCIAL
EMOTIONAL
LEARNING

January, 2020

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

Welcome Back!! – No School January
20th & 24th

Classroom Lessons – Various Topics

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

WELCOME BACK!!

Happy New Year and welcome back to Capitol Hill! We hope everyone had an opportunity to rest, relax, and practice some self-care! With having two weeks off of school this year, we know that students can have difficulty transitioning back to a regular school routine. In some ways, this first week back at school is just like the beginning of a new school year. Teachers are spending extra time reinforcing school rituals and routines so that this transition goes more smoothly. For those students who may be experiencing some additional challenges with getting back into the school groove, we are available to help!

January is a busy month! The end of Quarter 2 is quickly approaching and students often feel the pressure to get any missing work turned in, and to finish any projects that they are currently working on before the Quarter ends. Stress levels often rise at this time of year, and we are working on some school-wide initiatives to help relieve some stress. Check them out below!

SCHOOL-WIDE SEL

This month, we are working on a new school-wide initiative that we are calling Feel Good February with the goal of building community, relieving stress, and having some fun along the way. January to March can be a tough time of the year for many of us: the weather is often cold, there is still little daylight, we aren't getting enough natural sunlight, and color is lacking in the Midwest. We aim to counteract that with Feel Good February. Look for more information on specific activities in next month's newsletter!

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.

January 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
Importance of School Attendance	Social Problem Solving (2 lessons)	Perseverance/Growth Mindset	Using Your Social Filter	Bully Prevention 3	Success in Middle School	Smart Goals	Transitions
Thinking about Careers		Jumping to Conclusions	Social Problem Solving	Growth Mindset			Strengths Explorer

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

Believe you can and you're halfway there.

-Theodore Roosevelt
