

SUPPORT STAFF UPDATES

SOCIAL
EMOTIONAL
LEARNING

February, 2020

Who Are We?

Megan Rinn
School Counselor Grades 1-4
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Zach Nauschutz
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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

Leap Year! – No School February
17th

Classroom Lessons – Various Topics

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

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:

1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade
Appreciating Differences	Managing Perfectionism	Social Problem Solving	“Baditude” – changing to a positive attitude	Getting What You Want	All About Me	Smart Goals	N/A
TBD	Thinking About Careers	Thinking About Careers	Thinking About Careers	Career Goal Setting			

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

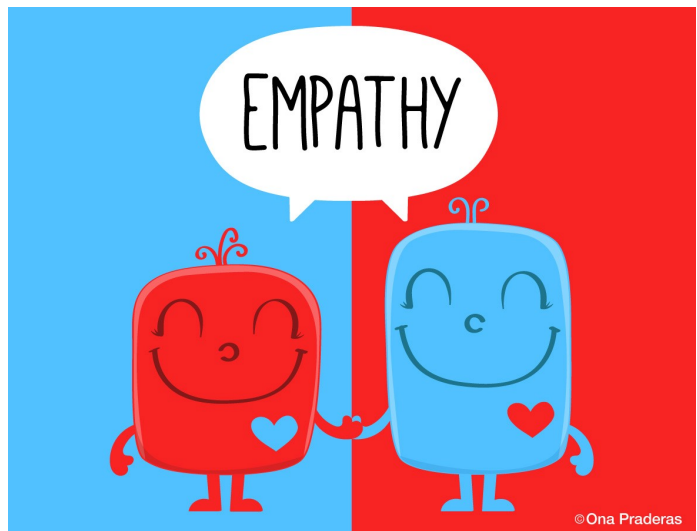
- Scheduling for 6th graders
- Bi-weekly social/emotion lessons for all 5th graders
- Quarterly lessons for all 6th grade students
- Small support groups
- Individual brief and solution-focused counseling
- Academic support

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

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

-Ralph Waldo Emerson
