

SUPPORT STAFF UPDATES

SOCIAL EMOTIONAL LEARNING

March, 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
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Highlights of the Month

Happy Spring! – No School March
6th, 20th, 30th – April 3rd

Spring Conferences – Counselors are
available in their office on a first-
come, first-served basis
3/19, 5:00-8:00
3/20 All day (elementary); 1:00-
3:00 (MS)
3/24, 5:00-8:00

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

MIDDLE SCHOOL REGISTRATION INFORMATION FOR 20-21 SCHOOL YEAR

Believe it or not, but before we know it, it will be June and everyone will be looking ahead to next school year! We are already starting to prepare for registration and scheduling for next school year, and have received a few questions from families about what to do, so we have included that information below.

Current Capitol Hill 5th Graders:

Mr. Nauschutz will be entering all CH 5th grade classrooms at the end of April to register all 5th graders. If your child will be attending a different middle school next year, we will still have them register for classes at Capitol Hill. They will be dropped at a later time.

Current Capitol Hill Middle School Students:

Mr. Nauschutz and Mr. Fomafung will be entering 6th and 7th grade classes at the end of April to register them for their 20-21 classes. If your child will be attending a different middle school next year, we will still have them register for classes at Capitol Hill. They will be dropped at a later time.

New Capitol Hill Middle School Students for 20-21 School Year:

If your child will be new to Capitol Hill for the 20-21 school year, please come to our Registration Night on Thursday, May 7th from 6pm – 8pm.

SUMMER LEARNING OPPORTUNITIES

Registration for Summer Learning in SPPS begins on MARCH 16.

Programs in St. Paul include 2 sessions of summer school (locations across the district), CDF Freedom School (here at Capitol Hill), Hmong Karen Youth Pride Program (located at Jackson Elementary), and more. Please visit www.spps.org/summer for more information on program details, dates, transportation, and registration.

Looking for other summer programming? Check out the exciting camps at the U of M! (These camps at the University of Minnesota are not affiliated with SPPS. Fees apply. Transportation is required.)

<http://recwell.umn.edu/programs/youth-programs>

March 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
Listening to Each Other	College Knowledge Thinking About Careers	College Knowledge	College Knowledge	Empathy vs. Sympathy Ways to Stay Safe 1	Done for the Year!	Done for the Year!	Done for the Year!

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

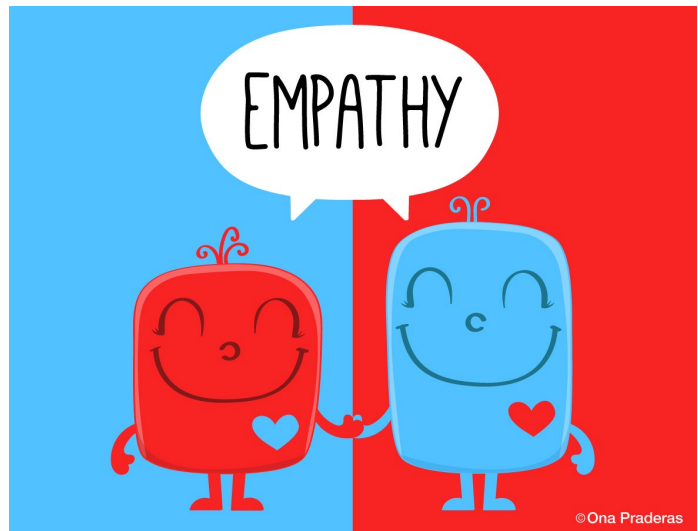
Scheduling for 6th graders
 Bi-weekly social/emotion lessons for all 5th graders
 Quarterly lessons for all 6th grade students
 Small support groups
 Individual brief and solution-focused counseling
 Academic support

Mr. Fomafung

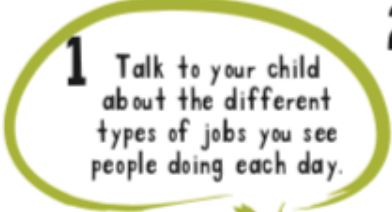


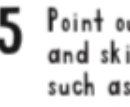





Scheduling for 7th-8th graders
 Quarterly lessons for all 7th & 8th grade students
 Small support groups
 Individual brief and solution-focused counseling

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



10 Ways to Explore College and Careers with Your Child

-  1 Talk to your child about the different types of jobs you see people doing each day.
-  2 Check out career books at the library to read with your child.
-  3 Help your child identify their interests.
-  4 Reinforce positive traits and talents in your child.
-  5 Point out how specific traits and skills relate to work, such as teamwork, organization and listening.
-  6 Teach responsibility by having your child complete chores.
-  7 Talk about the difference between spending money on wants vs. needs.
-  8 Learn about ways to save for post-secondary education or training.
-  9 Speak positively to your child about their dreams for the future.
-  10 Set the expectation that your child **WILL** graduate from high school and attend post-secondary training or schooling.



QUOTE OF THE MONTH

If you fell down yesterday, stand up today.

-H.G. Wells