

# School Counselor Newsletter

## Suamico Elementary

Alexis Foley, M. Ed.

### Welcome Panthers!!

I am excited to be starting my third year at Suamico Elementary as the K-4 School Counselor!! Some of you may know that I attended Suamico Elementary as a child and I am fortunate to be fulfilling my dream of helping ALL students be successful socially, emotionally, and behaviorally so they may access their education without barriers.

### What does a School Counselor do?

- Classroom Lessons
- Small Group Counseling
- Individual Counseling
- Consultation with Staff/Parents
- Co-faciliate Student Council Committee
- Testing Support



### Meet the Counselor!!



### Here's what you should know about me:

- I am ONE part of the team that works to help your child succeed.
- I like to get to know ALL students so they may feel connected and safe while they're with us.
- I respect your right and your child's right to privacy. Confidentiality is a big part of my job.
- I love it when parents reach out to me for questions, concerns, and to share positive things about your child.
- I love the work that I do and feel very passionate about helping children become respectful and responsible citizens!

### Contact me!

(920)662-9814

email: alexfole@hssdschools.org

## 2019-20 Life Skills Class Schedule

<b>Class 1</b>	Introduction to Counselor
<b>Class 2</b>	Attitude of Gratitude
<b>Class 3</b>	Kindness/Bucket Filling
<b>Class 4</b>	The Brain
<b>Class 5</b>	Zones of Regulation
<b>Class 6</b>	Mindfulness/Calming Strategies
<b>Class 7</b>	Goal Setting/Growth Mindset
<b>Class 8</b>	Celebrating Strengths/Diversity
<b>Class 9</b>	Problem vs. Reaction
<b>Class 10</b>	Conflict Resolution
<b>Class 11 &amp; 12</b>	Bullying
<b>Class 13</b>	Healthy Choices/AODA
<b>Class 14</b>	Protective Behaviors
<b>Class 15</b>	Transitions/End of Year and Preparing for next year

- ♦ *Life Skills class order and topics are subject to change based on student body/school needs.*
- ♦ *Life Skills classes will be altered by grade level to get a more in-depth look at each class theme/topic.*
- ♦ *All Suamico Elementary Life Skills classes are taught by Alexis Foley, School Counselor.*
- ♦ *Please contact me at [alexfole@hssdschools.org](mailto:alexfole@hssdschools.org) or (920)662-9814 with questions, or if you should need any clarification on the classes.*

