

September, 2018



Dear Parents/Guardians,

Another exciting year has begun! I trust your family had a relaxing and fun summer. I am happy to be back at Suamico Elementary for my second year and in the classrooms to visit with all returning and new students. If you have students that are new this year at our school, I will be visiting with them to make sure their transition to our school is going well. Please let me know any needs your children may have and how I can help make the school year comfortable and successful for them.

As the counselor at Suamico Elementary School, I want to remind you of the services I provide through the Howard-Suamico Comprehensive School Counseling Program. First of all, I visit each classroom every other week to teach 15 Life Skills classes. These classes offer ALL students (K-4) opportunities to learn about themselves and the world around them and to help make meaningful connections between the two. (Please see the other side for a list of Life Skills class themes.) The classes are 30 minutes in length, using age-appropriate lessons that may include reading a book, discussion, art project, or other interactive activity.

Besides providing proactive support for your child's academic, social, and emotional needs in the classroom, I will also be running small groups. Small groups are positive, nurturing 20-30 minute sessions that run for 6-8 weeks with other students who may have similar experiences. I will work with the classroom teachers to ensure that group times do not interfere with their classroom learning. Topics could include anxiety, anger management, friendship, or changing families. You will find more information on my groups in the weekly newsletters as they are offered. Students can be referred to my groups by a parent/guardian or teacher. You will always be notified if your child is recommended for a group and all small groups are optional.

I also offer individual counseling on a limited basis. As a school counselor, I offer solution-focused, brief support counseling, not on-going therapy. If you or I feel your child needs community therapy, I will be happy to work with you to find resources that will fit your child's needs. I work with teachers and parents to identify students who would benefit from working individually with me, and students can also request a meeting with me. If there is anything that would come up in an individual session that I feel parents need to be aware of, I do follow up with a parent/guardian phone call.

I believe it is important that all children feel good about themselves and happy to come to school. The goal of my classes, groups and individual sessions is to provide children with learning opportunities in a safe and welcoming environment. If you have any questions about the counseling services at Suamico Elementary, do not hesitate to contact me at (920)662-9814 or alexfole@hssd.k12.wi.us. I am at Suamico School Monday-Thursday (off on Fridays).

Thank you for allowing me to work with your children. I consider it a privilege to spend my day with them!

Sincerely,

Alexis Foley, School Counselor
Suamico Elementary

Life Skills Classes

Suamico Elementary, 2018-19

Class 1	Introduction to Counselor
Class 2	The Panther Way (Respectful, Responsible, & Safe)
Class 3	Kindness/Bucket Filling
Class 4	The Brain
Class 5	Zones of Regulation
Class 6	Mindfulness/Calm Strategies
Class 7	Goal Setting/Growth Mindset
Class 8	Celebrating Strengths/Diversity
Class 9	Problem vs. Reaction
Class 10	Conflict Resolution
Class 11 & 12	Bullying
Class 13	Healthy Choices/AODA
Class 14	Protective Behaviors
Class 15	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@hssd.k12.wi.us or (920)662-9814 with questions, or if you should need any clarification on the classes.

Let's make it a GRRRREAT year, Panthers!!

