


COUNSELOR CORNER

HELLO VOYAGER PARENTS!

My Name is Janel Tidwell and I am the New Full-Time School Counselor at Columbia Elementary this year. First term has been GREAT with your wonderful children! I wanted to explain some of the awesome programs I get to be involved in, with an explanation:

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- **Social & Emotional Learning Lessons-** 2x's a month to Every Student in Every Class I teach a lesson on self/social-awareness/management skill. Ask them what tools of a lifetime they have learned!
 - **MINDFULNESS-** Columbia is a Mindful School, which means every class has the practice of Mindfulness available. There are 8 classes right now practicing in a 12-week program. Look for Parent Connection letters that are coming home!
 - **Lunch Bunch with Counselor -** Two from each class will be chosen for Grade's Lunch for a One Time Only Experience. Invites are sent home on Monday to those chosen for the week. The goal is to create friendships within grades & for me to get to know the students.
 - **Organized Recess Activities:** These activities are to give an option for students to join a group that will be inclusive, while teaching social skills. Creating a happy environment at recess!
 - **Individual Counseling:** Individuals are referred by teacher and parent for a short-term/brief intervention usually lasting 6-8 weeks. Parent Permission required.
 - **Group Counseling:** Groups formed by referral of teacher and parent for six-week program on assigned topic of need. Parent Permission required.

Ask your students about these programs and let them share with you the skills they are learning here at Columbia! We are always trying to improve the success of every student and to create an environment of kindness and safety!

MY CONTACT INFO: JATIDWELL@DSDMAIL.NET OR 801-402-3357