

Dear Arrowhead Parents,

Welcome back to school. Over the course of the year, the Guidance Department would like to offer the following student groups:

The Colorful Chameleons

Through this group we will work to build friendships, enhance social interactions, and build confidence with a social support system.

"It Wasn't Me"

Changing families are a reality and this group is designed to empower the student and embrace these changes, while creating peer support through activities and discussion.

Controlling The Volcano

Sometimes it's hard to keep our cool when a volcano inside of us is ready to erupt. This group will promote positive reactions and conscious choices.

Stress Erasers

This group is designed to help erase stresses and enhance each child's overall academic/social experience while promoting new coping mechanisms.

Arrowhead's Academic Artists

The goal of this group is to provide study techniques and strengthen the student's academic experience with newly learned tools.

**This information is also available on the AES Guidance Website: http://aes.olentangy.k12.oh.us/teachers/arrowhead_guidance/*

A majority of groups will take place during your child's lunchtime to avoid classroom disruption. Any class time missed will be approved by your child's teacher in advance. Each group will meet once a week for a period of 4-6 weeks. If you would like for your child to be considered for one or more of these groups, please indicate which group(s) and give permission by filling out and returning the form below.

Please check (x) the groups you would like for your child to possibly be involved in and return this portion to your child's teacher:

"It Wasn't Me" Controlling the Volcano Stress Erasers

Arrowhead's Academic Artists The Colorful Chameleons

Student's Name

Grade

Teacher

My child has my permission to participate in the groups checked above.

Parent/Guardian's Signature

Date