

# Counselor's Corner



## Contact Information

Jennifer Donato  
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(719) 391-3338

## Meet Mrs. Burns

Mrs. Burns is our full-time school social worker. Mrs. Burns supports students, teachers, and families to ensure students have access to their education at their highest potential. Crisis intervention, truancy, advocacy, prevention, and staff development are a few characteristics of her job. Mrs. Burns is a fantastic resource for our school and we are so glad she is a part of the WESA team!

## Quarantine Contact

Parents, if your student is quarantined and struggling academically or social/emotionally, please reach out to Mrs. Burns or Mrs. Donato. We can set up google meet meetings or talk over the phone to help and support your student. Mrs. Donato's information is located above. Mrs. Burns' email is: burnsc@wsd3.org or you can call her at (719) 213-0855.

## REMINDERS

October 5: NO SCHOOL  
October 22 - 23: Parent Teacher Conferences, NO STUDENTS  
October 31: Halloween

## September/October Guidance Lessons

September: K-2nd will learn about their social worker and school counselor, as well as SOAR expectations. Third - fifth grade will talk about self-care and controllable/un-controllable situations.  
October: Students will learn about coping skills and how to apply them in tough situations.



## When In Doubt...PLAY

I think we can all agree that this year has been tough! So many changes, uncertainty, and abrupt transition have left many feeling emotionally drained and disconnected. It is tough to find time to engage with one another, especially when we feel stressed out and overwhelmed. Well...I have got a great suggestion that is proven to reduce stress and create connectedness...PLAY! Try to take 5-10 minutes out of your day to engage in an activity alone or with your student(s)! Coloring, dancing, fidgeting or playing with toys, playing a card game, or even tossing a ball are all play! Playing releases "feel good" chemicals in the brain and helps us to refocus. When we play with others, we feel connected and happy. When in doubt and stressed out...PLAY! I like to dance to music while I'm making dinner, dress up as a super hero and run around, and color art projects with my children! How do you play!?