



Counselor's Corner

Elizabeth Hoffmann, School Counselor

September 2022

Counselor Lessons for September



I will be introducing myself and the role of a *school counselor* to all students (K-5). Grades 1st-5th lessons are during iDesign throughout the school year. The topics also covered during the introductory lesson this month are::

- ★ 1st grade: Feelings
- ★ 2nd grade: Teamwork
- ★ 3rd: Kindness
- ★ 4th: Empathy
- ★ 5th: Teasing vs. Bullying

Small Groups

- New student lunch groups will be held in September for 1st - 5th grade students.
- If you think your child may benefit from reinforcement of social and/or emotional skills, please let me know! I run *small counseling groups* throughout the school year.

Dealing with a case of the Mondays

Many of us start off the week slowly and our children are no different...here are a few tips to keep things moving smoothly on a Monday morning

Sunday night

- preview the week and Monday morning with your child
- Do as much in advance as possible; clothes laid out, bookbag packed, breakfast selected
- Early bedtime by 15 minutes

As the parent, be extra ready in the morning to help assist your child and help them focus on the positives of the school day (that special lunch, seeing friends, encore of the day, etc.). Staying positive is half the battle!

WELCOME BACK!

Hi! I'm Elizabeth Hoffmann, your child's school counselor...this is my 12th year serving this role at Shamona Creek. The beginning of the school year gives me all the feels and I have been so excited to meet our new students and see my Sharks from last year! If you are new to Shamona Creek - WELCOME! You are in amazing hands and we are thrilled to have your child(ren) with us.

As the school counselor I work closely with all teachers and get an opportunity to teach all students throughout the year during our classroom guidance lesson time. Each time we meet we will be practicing skills that help us regulate and identify our emotions, build our friendship making skills, work on being a persistent and determined student, and an all around FINTASTIC Shark! I love learning about all my students, sharing stories and building up their confidence! Please reach out if you think your child could benefit from some time with me. I look forward to working with you!



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