

CPE Counselor's Corner: September Edition

Dear CP Parents and Eagles,

Happy September! This month, students will be learning about personal space and making responsible choices during classroom guidance lessons! Managing feelings and emotions, conflict resolution, problem-solving, navigating friendships, and coping strategies are just a few of the areas with which a school counselor can help. Students learned how to self-refer to speak with the counselor if they are needing help at school whether it be social, emotional, or academic related. Along with these topics, there are lunch groups beginning in September that students can join. Be on the lookout for a ParentSquare from me with more details!



Learn About It!

Personal Space and Responsible Choices

Students will learn how to work within their given space and how to allow someone else their personal space (all about the space bubble, K-1st)

Students will learn how to deal with conflict when working with peers and how to use multiple strategies in various situations (2-5th)



Talk About It!

Here are some questions to help you talk about the school counselor's role with your child(ren):

- ☐ Who is the school counselor?
- ☐ Why might you want/need to talk with the school counselor?
- ☐ How can a school counselor help you?
- ☐ Why does the school counselor visit classrooms? (guidance lessons)
- ☐ How can you refer yourself to the counselor? (3rd-5th)

Read About It!

