



School Counselors News

ATTENDANCE IS KEY

It is so important that unless a student is sick that they are in school everyday for the entire day! When students are absent or leaving early/coming late, it can have a large effect on their ability to learn. Not only does this affect your students' likelihood to be proficient in math and reading, but it also has an effect on the class and a teacher's ability to follow through with what they have planned for the day when your student is not present. Please make every effort to plan appointments and trips outside of school hours. We love having your child here and we don't want them to miss out. Thank you in advance for your efforts to bring your child to school on time everyday!



WHAT'S IN THIS MONTH'S ISSUE:

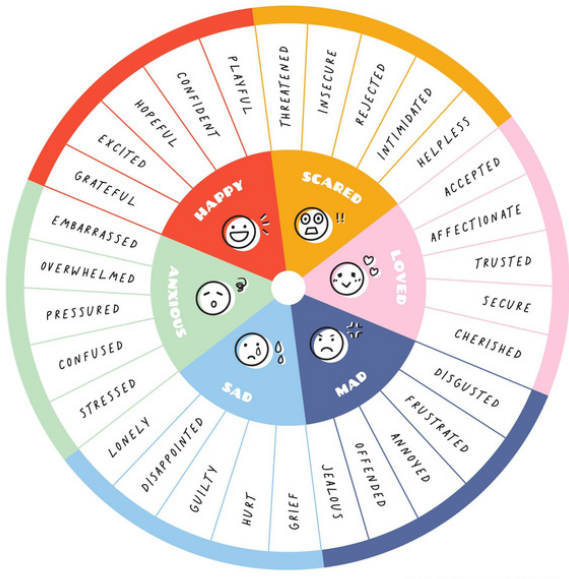
- Student Attendance
- District Wellness Plan
- Counselor Class Lessons
- Big Brother Big Sisters
- Parent Seminar

BIG BROTHERS BIG SISTERS OF UTAH

The Big Brothers Big Sisters program takes place at McPolin (MPES) from 3:05-4:05 pm every Monday afternoon that school is in session. Students enrolled in the program will be matched with a High School volunteer to be their "Big Brother" or "Big Sister." The "Big Brothers" and "Big Sisters" provide one-to-one mentorship for their "Little Brothers" and "Little Sisters." During the hour-long program, the group spends the first twenty minutes doing one-to-one academic time. During the remaining forty minutes, the group does an activity planned by a Big Brothers Big Sisters staff member that focuses on social and emotional learning. The Big Brothers Big Sisters program at MPES is always staffed by a Big Brothers Big Sisters representative, and our students are never left alone with a staff member or volunteer. To sign your child up for the Big Brothers Big Sisters program at MPES please complete an application and return it to a school counselor or after-school program coordinator. If you have any questions, please reach out to Jamie Ortega at Jamie.ortega@bbbsu.org or (385)-666-8794.

We are so fortunate to have the BBBS partnership! Please consider signing up!

the **Feel Wheel**
ages 5-12



WELLNESS PLAN- EMOTIONAL AWARENESS

The Park City School District is rolling out a new Wellness plan for our students this year. Each month we will have a wellness theme that we are focusing on. September's theme is emotional awareness. Teachers have been asked to try and incorporate these themes into their lessons, etc. Each student should be receiving a "Feelings Wheel" magnet this month that may be a tool you can use with your student to talk about their feelings and continue to help them become more emotionally aware when you are with them outside of school.

DISTRICT PARENT SEMINAR

The district is hosting a parent seminar that will cover the following topics: substances, mental health, bullying, internet safety, and Safe UT. Please consider attending on: Thursday Sep 21, 2023 in English or Thursday Sep 28, 2023 in Spanish. Both seminars will take place at the Eccles Center at the Park City School District. For those unable to attend the district will record the seminar and it can be viewed on the PCSD website about two weeks after the seminar.



QUESTIONS OR CONCERNS?
REACH OUT!

Alice Jessen
ajessen@pcschoools.us
Phone: (435)645-5630 ext 4270

Classroom Lessons



ANTI-BULLYING LESSONS (3RD-5TH)

During the first two weeks of school I completed our bullying lessons in all 3rd-5th grades. In this lesson we talked about what bullying is, what to do if you see or experience bullying, and the consequences for bullying. Our hope is that we are all on the same page and can make McPolin a community of kindness. As I told our students: "Kindness is Key & McPolin Moose Make a Difference!"

LIFE SKILLS (K-5)

The weeks of Sept 18 & 25 I will be completing our first life skills lesson. Our first lesson, through the district mandated Second Steps curriculum, is on Learning to Listen (K-2) and Respect (3-5). We have been having a lot of fun with these lessons, and my hope is that your student would be able to tell you something about the lesson if you were to ask them about Life Skills with Mrs Jessen. Could be a great dinner conversation starter!



QUESTIONS OR CONCERNS?
REACH OUT!

Alice Jessen
ajessen@pcschoools.us
Phone: (435)645-5630 ext 4270