

# COUNSELOR'S CONNECTION

SEPTEMBER  
EDITION

MEET THE  
COUNSELORS

WELCOME  
BACK TO  
SCHOOL!

At Samsel Upper Elementary School, there are 2 school counselors, Ms. Martin and Ms. Mangafas. Our goal for the counseling program is to build rapport with students, teachers, parents, and administration in order to help students succeed academically, socially, and emotionally. Students can self-refer to the counselors, or teachers and/or parents can refer a student. We assist students for a multitude of reasons and do so by meeting with students individually and in small groups.

The counselors also provide classroom lessons on different social-emotional topics as well as offer lunch groups that focus on a specific topic, which may include but is not limited to, friendships and social skills, leadership, and conflict resolution. We are looking forward to a great school year! Please check out our Counselor's Corner, linked on the next page, for more in-depth information and our contact information.

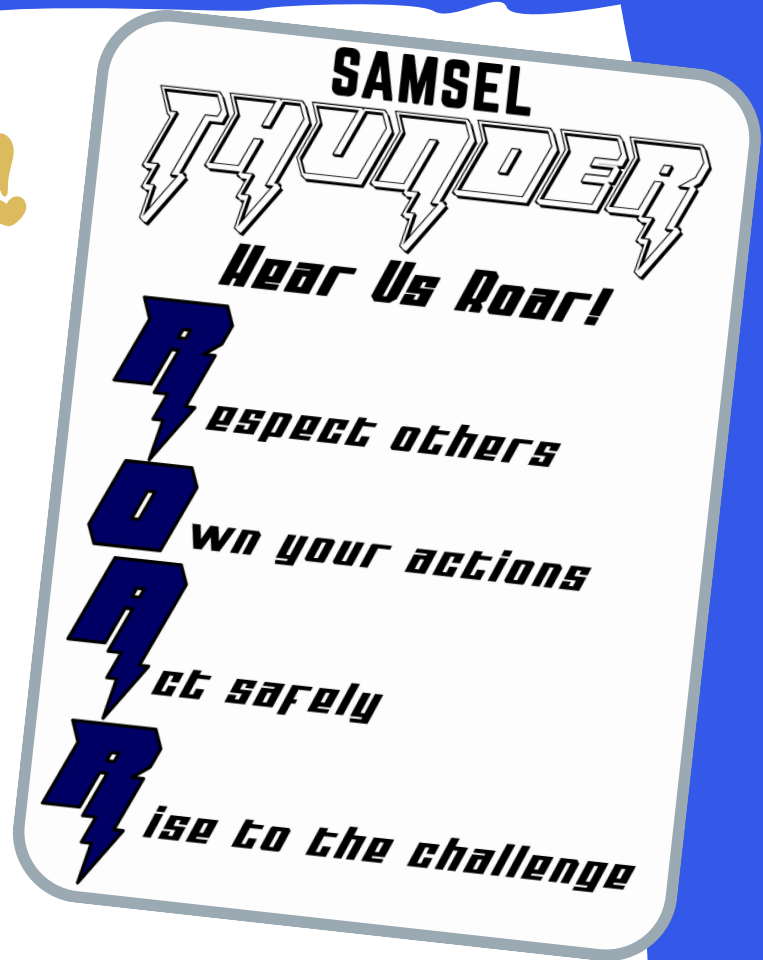


# TIPS FOR A GREAT SCHOOL YEAR!

- Get Good Sleep
  - It is recommended that students get 8 hours of sleep a night.
- Eat Breakfast
  - It helps you focus when you eat something in the morning.
- Use your Agenda
  - It helps you not forget homework that is due and other important dates.
- Ask for Help!
  - Ask your teacher when you are confused or ask a classmate.

**See More  
Resources at:**

<https://samsel.sayrevillek12.net/our-community/counselors-corner>



## Conversation Corner

Questions to ask your child  
besides "How was school?"

- 1) What made you smile today?
- 2) Who did you play with at recess?
- 3) Did you help anyone today?