
Greetings from Mrs. Sheila Jaymes

School Counselor

Wasatch Elementary School

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Life Skills

Throughout the year, I am in your student's room participating in bi-monthly classroom presentations from in all grades. Last we focused on the Zones of Regulation. This year I will teach social-emotional learning (SEL) lessons from the SecondStep curriculum. Your child will continue to expand their SEL learning by participating in Talking Circles.

In September, your children receive a mandatory lesson on bullying. They are being taught to recognize bullying, refuse bullying and to report bullying incidents to a teacher or staff member. Please encourage your children to talk with us and with you if they witness a bully situation or are the target of bullying. We want all children to be safe.

Support Groups and Individual Counseling

Throughout the year, I conduct small groups to address the needs of our students at Wasatch. These issues include:

- Anger Management
- School Behavior
- Social Skills
- Student Support (Grief)
- Self-Esteem
- And other issues as they come up

These groups cannot be a substitute for therapy. We also have a clinical social worker on site once a week. A referral can be made for further therapeutic interventions. Please see Ms. Kumik or myself for more information.

Wasatch Stars

S – We are Smart

T – We are Thoughtful

A – We are Aware

R – We are Respectful

We are all STAR's at school!

Students can be referred for any group or counseling at any time during the school year.

Teachers, parents or administrators can make a referral. Parent permission is required.