



School Counselors News

WHAT'S IN THIS MONTH'S ISSUE:

- Welcome back
- District Wellness Plan Topic:
Emotional Awareness
- Life Skills Lessons
- Attendance

DISTRICT WELLNESS PLAN: EMOTIONAL AWARENESS

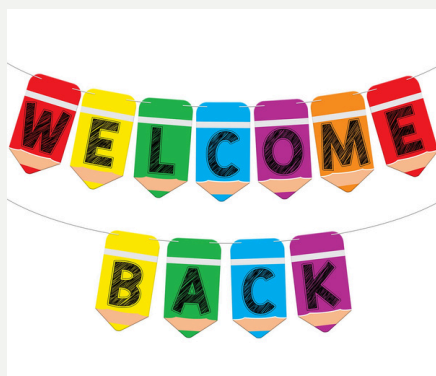
Identify, understand, and manage emotions, behaviors, and perspectives of yourself and others.

K, 1st, 2nd- I can understand a situation by acknowledging my emotions and the emotions of others.

3rd, 4th, & 5th- I can understand emotions and their connections to situations with oneself and others.

WELCOME BACK!

I hope you all had a great summer and are now back in the swing of school routines. For those of you who don't know, my name is Ms. Jessen and I am thrilled to be the school counselor here at McPolin. As school counselor, I teach life skills lessons in all the classes using the Second Steps curriculum. I also run small groups, and I meet with some students individually who need more support with their social or emotional well being. If you have any questions about my work here or would like to talk about your student, please don't hesitate to reach out via phone or email.



QUESTIONS OR CONCERNS?
REACH OUT!

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LIFE SKILLS LESSON TOPICS

K & 1st- Counselor Intro, Listening, & Focusing Attention

2nd- Counselor Intro, Being Respectful, & Focusing Attention & Listening

3rd- Bullying Lesson, Being Respectful Learners, & Using Self-Talk

4th & 5th- Bullying Lesson, Empathy and Respect, & Listening with Attention

ATTENDANCE

Student attendance is critical for learning to be maximized throughout the year. Other than students that are sick, we ask that you please make every effort to ensure that your student is in school and on time everyday!



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