



NEWSLETTER

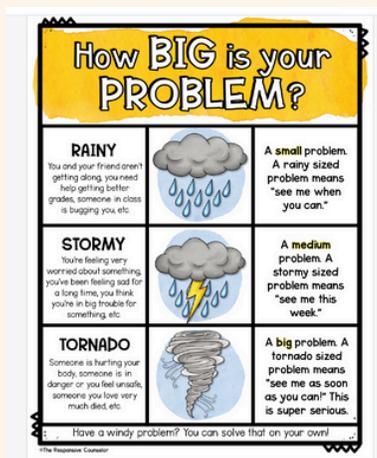
Mrs. Sigle- School Counselor

Hey All!

The purpose of this newsletter is to let you know what is happening in the counseling world! I will be sending out a new one every six weeks.

Friday "Specials" Lessons

For students first Friday of counseling, our SEL focus will be on "Meeting the Counselor". This will include *when* and *how* to come see me. We will also be discussing problem sizes : including when to get a teacher's help and when to try and solve it all by yourself.



Upcoming Events

Panorama Mental Health Survey opens on Aug 18th, 3rd through 5th grade students will be taking the survey. Please sign up [Here](#) so that I can come administer it to your class! Surveys will be given Monday-Wednesdays **only** so that I can follow up with students promptly.

How to Refer

If a student asks to come see me, you can send me a Counselor Request Form for that student. You can choose on a scale from 1-5 to give me the idea of the level of urgency. If it is an emergency situation (suicidal talk or very escalated emotions) you can use the walkie-talkie or call my extension at 64146. Older students can also leave me a note in my mailbox. I have one on either door. 😊 Please leave a brief description about what's going on or just say "see me" in the comments section.