



Mrs. Contreras' COUNSELOR CORNER



Welcome Back, Oak Park Panthers!

AUGUST 2026



Dear Oak Park Families,

Welcome back to another exciting school year! I am so happy to be returning and look forward to supporting our students, families, and staff throughout the year. Whether your child needs someone to talk to, help solving a problem, or support with friendships and emotions, I am here to help.



COUNSELOR SCHEDULE

This school year, I will be on campus:

- ★ Every Thursday
- ★ Every Friday
- ★ Every other Wednesday

Please don't hesitate to reach out if you have questions or concerns about your child's social-emotional well-being.



HELPING CHILDREN WITH BACK-TO-SCHOOL FEELINGS

It's completely normal for children to experience nervousness or separation anxiety as they return to school. Here are a few ways families can help at home:

IF YOUR CHILD HAS SEPARATION ANXIETY



- Keep goodbyes short, positive, and confident.
- Establish a consistent morning routine.
- Remind your child of something they can look forward to after school.
- Practice deep breathing together before leaving for school.
- Reassure them that their feelings are normal and that trusted adults at school are there to help.



HELPING CHILDREN MAKE FRIENDS

Encourage your child to:



Smile and introduce themselves.



Say, "Can I play with you?"



Invite someone to join a game or activity.



Listen carefully and take turns talking.



Show kindness through helpful words and actions.



Include others who may be playing alone.



Small acts of kindness can make a big difference!

★ AUGUST CLASSROOM COUNSELING LESSONS

Each month I will visit classrooms to provide social-emotional learning lessons that help students build confidence, healthy relationships, and positive decision-making skills.



KINDERGARTEN – 2ND GRADE

Topic: Being a Kind Friend

Students will learn:

- How to make and keep friends
- Ways to include others
- Kind words and actions
- The difference between tattling and reporting so they know when it's important to ask an adult for help.



3RD – 5TH GRADE

Topic: Bullying Prevention & FUSD Policy

Students will learn about:

- The Fontana Unified School District Bullying and Sexual Harassment Policy
- What bullying is—and what it is not
- How to respond safely if they witness or experience bullying
- How to report concerns to trusted adults
- Ways to help create a safe, respectful, and inclusive school community



REMEMBER...

Every student deserves to feel safe, valued, and connected at school. Together, we can make this a year filled with kindness, respect, growth, and learning.



I look forward to working with all of our Oak Park Panthers this year!

Warmly,
Mrs. Susana Contreras
School Counselor
Oak Park Elementary

