



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.



AUGUST FOCUS FOR TK STUDENTS



SOCIAL STORY

We will be reading a social story called:

"Saying Good Bye When I Get to School"

This story helps us feel safe and confident when we arrive at school. We will learn what happens when we say good bye to our grown-ups and start our day!



BREATHING HELPS US!

We will practice different breathing exercises to help us feel calm and ready to learn.

We can use our breathing when we feel: nervous, excited, upset, or need to focus!

Let's try 4 fun breathing exercises!

#1

WHALE BREATHING



Take a deep breath in... hold... blow out slowly like a whale!

#2

VOLCANO BREATHING



Take a deep breath in... hold... then blow out slowly like a volcano!

#3

BALLOON BREATHING



Take a deep breath in... fill up your balloon... then let it out slowly!

#4

CIRCLE BREATHING



Trace the circle with your finger as you breathe in... and out.



Breathing helps our bodies relax and our minds get ready to learn!



TIPS TO HELP YOUR TK STUDENT

- Keep goodbyes short, positive, and confident.
- Follow a morning routine.
- Reassure your child that teachers and friends are here to help.
- Celebrate their bravery!



HOW PARENTS CAN MAKE SCHOOL EXCITING

- Talk about fun things your child will do at school (games, stories, art, friends!).
- Read books about starting school together.
- Let them help pick out their backpack or lunchbox.
- Focus on the positive and what they can look forward to.
- Give lots of praise and encouragement!



PANTHER PRIDE HIGH-5:



BE A FRIEND



Include others and be kind.

BE SAFE



Use safe choices at all times.

BE KIND



Use kind words and actions.

BE RESPONSIBLE



Do your best and take care of our school.

BE RESPECTFUL



Treat everyone with respect.



Every student deserves to feel safe, valued, and connected at school. Together, we can make this 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