

Counselor's Corner

Foxview Intermediate

September, 2026



School Counselors

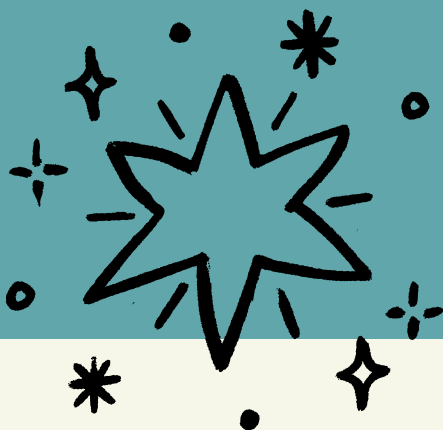
School Counselors play an important role in supporting students' academic success, social and emotional growth, and overall well-being. They provide short term individual counseling, lead small groups on topics like friendship or coping skill, and assist in conflict resolution.

This year, we're excited to share that:

- Mrs. Cain will be the contact for 5th grade
- Ms. Verbeten will be the contact for 6th grade

Please contact the appropriate counselor for any questions or support regarding your child.

We look forward to working together for a great school year!



School Counselors



Mrs. Cain

5th Grade

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Ms. Verbeten

6th Grade

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When back to school worries feel like anxiety

Starting a new school year can bring excitement and anxiety. Children may worry about their teacher, friendships, schoolwork, getting lost, making mistakes, or simply not knowing what to expect. Sometimes children can tell us they are worried. Other times, anxiety shows up through their behavior or their bodies.

Anxiety might look like:

- Stomachaches, headaches, nausea, or feeling “sick” before school
- Trouble falling asleep or waking during the night
- Irritability, tears, frustration, or bigger emotions than usual
- Frequently asking “What if...?” questions
- Needing repeated reassurance
- Worrying about making mistakes or doing something wrong
- Avoiding school, activities, or situations that feel uncomfortable
- Clinging or having difficulty separating from a caregiver
- Saying “I can’t,” “I don’t want to,” or “I’m scared” when facing something new

How Parents and Caregivers Can Help

- **Acknowledge the feeling.** Instead of immediately saying, “There’s nothing to worry about,” try: “I can tell you’re feeling worried. What part feels the hardest?”
- **Be calm and confident.** Children often look to adults for cues about whether a situation is safe. You can be empathetic while also communicating confidence: “I know this feels hard, and I know you can handle it.”
- **Avoid too much reassurance.** Answering the same worry repeatedly can unintentionally make anxiety stronger. After reassuring your child once, help them identify what they can do: “We’ve talked about what will happen. What could you do if you start feeling worried at school?”
- **Practice coping skills when your child is calm.** Try slow breathing, counting, positive self-talk, movement, drawing, squeezing a stress ball, or naming five things they can see around them. Practicing ahead of time makes these tools easier to use when worries show up.
- **Focus on what they can control.** Help your child separate the worry into two categories: “Is this something you can control or something you can’t control?” Then focus their energy on the things they can do—ask for help, take a breath, use kind words, try again, or talk to a trusted adult.
- **Try not to let anxiety make the decisions.** Avoiding something scary often makes us feel better temporarily, but it can make the worry bigger the next time. When possible, help your child take small, manageable steps toward the situation while providing encouragement and support.

When should I reach out?

Some anxiety during transitions is expected and often improves as routines become familiar. Consider contacting your child’s teacher, school counselor, or healthcare provider when anxiety continues, becomes more intense, or regularly interferes with school, friendships, sleep, activities or everyday life.

Navigating back to school transitions

A new school year brings a lot of change- new teachers, classmates, routines, expectations, and a sometimes a new building. While some kids jump into the year with excitement, others may need more time to adjust. Both are normal. Families can make the transition easier by providing consistency, connection, and confidence.

Here are some ideas to help with transitions:

- Keep routines predictable
- Talk and Listen- Instead of asking “How was school?” ask questions that invite conversation. “What was something that made you smile today?” “What is something that you are looking forward to tomorrow?”
- Validate feelings without trying to fix everything- If your child says, “I don’t want to go to school”, you might respond, “It sounds like school feels hard right now. Tell me more about that.”
- Focus on what they can control
- Keep goodbyes positive and brief
- Remember adjustment takes time

When to reach out:

Some worries are a normal part of transition. Consider reaching out to your child’s teacher or school counselor if concerns are persistent, increasing, or interfering with your child’s ability to participate in school, especially if you notice ongoing school avoidance, frequent physical complaints before school, significant changes in behavior, or continued difficulty with peers or routines.

Learner Profile: Responsibility

This month Foxview will be focusing on how to be responsible. Here are some ideas on how to show you are being responsible:

Students:

- Complete homework and assignments on time.
- Follow school rules and respect others.
- Come prepared to class with necessary materials.
- Take care of personal belongings and school property.
- Ask for help when needed and communicate honestly.

Parents:

- Encourage and support your child’s learning at home.
- Establish consistent routines for homework and bedtime.
- Communicate regularly with teachers and counselors.
- Model responsible behavior

