

School Counseling NEWSLETTER

September

Welcome to the 2026-
2027 school year!

Welcome new and returning students! It is time once again to get back into the hustle and bustle of following new schedules and learning new material.

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT



What is happening this month?

September is National Suicide Prevention Month, with a focus on friendship, mental health, and community-building. If you or someone you know is struggling with thoughts of self-harm or suicide, talk to someone you trust or make an anonymous call to get help if you feel unsafe. There is hope!

<https://988lifeline.org/get-help/>

Upcoming Lessons

In September, students in grades K-4 will receive lessons focused on self-control.

Reminder!

Your school secretary has sent you an "opt-out" form for school counseling services through CIU20. If you **DO NOT** want these services, please return the form ASAP. If you want counseling services, you do not need to send anything back.

Contact Me:

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