

NORTHWOOD'S SEL SHINE

GROWING TOGETHER *COPING TOGETHER *CONNECTING TOGETHER
THRIVING TOGETHER!



SEPTEMBER 2026

EACH MONTH, NORTHWOOD'S SEL SHINE WILL SHARE SIMPLE SOCIAL EMOTIONAL LEARNING (SEL) TIPS, STRATEGIES, AND RESOURCES TO HELP OUR STUDENTS GROW, COPE, CONNECT, AND THRIVE TOGETHER!

Welcome to Our New School Community!

Welcome Students and Families,

We are so excited to welcome you to our school as we begin this new chapter together! This year brings an important change: our building is now a grades 3-5 intermediate school, and we are coming together as one community from two different schools. One thing is certain: We Are Better Together and YOU Belong Here!

With big changes often come big feelings—excitement, curiosity, and maybe even a little nervousness. Guess what? Even the grown-ups can feel this way! We offer many supports at Northwood to ensure your child is adjusting and coping appropriately with these new changes. As the School Social Workers, our role is to help students feel safe, supported, connected, and ready to learn.

Supporting Students During This Transition:

Starting a new school or adjusting to a reconfigured building can bring both excitement and uncertainty. You may notice your child feeling nervous or quiet, asking a lot of questions, or even acting more tired or emotional than usual. All of this is typical during transitions. Our goal is to help students build confidence, feel connected, and know they have many trusted adults they can turn to.

Our school theme this year is "Better Together." This means we help and support one another, we include each other, and we grow together.

We are so proud to be part of this caring school community and look forward to having a great school year!



Meet Your School Social Workers:

Welcome to the 2026-2027 school year! Your Northwood Support Staff is here to help make it a great year! Please reach out if you or your child need some extra support.

 **Ms. Fitzpatrick**, (716) 677-3649
bfitzpatrick@wscschools.org

 **Miss Fellows**, (716) 677-3429
kfellows@wscschools.org



Feelings Check-In:



I am feeling:



What to Expect from your School Social Workers:

Elementary school social workers play a vital role in helping students thrive in and out of the classroom. We work with students experiencing challenges with their emotions, behavior, friendships, or family situations. Our goal is to support and build strong relationships with students throughout their elementary school years.

School Social workers provide the following services:

***Provide short-term individual counseling**

***Facilitate short-term small counseling groups**

***Facilitate lunch bunch groups**

***Provide Crisis Intervention**

***Provide family support and serve as a liaison between home and school, offering support and resources for families.**

***Provide check-ins to ensure students feel supported and connected.**

***Collaborate with teachers to make sure every child feels safe, supported, and ready to learn**

