Counselor's Corner

Foxview Intermediate

November, 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
acain@depere.k12.wi.us
(920) 337-1036 ext. 3007



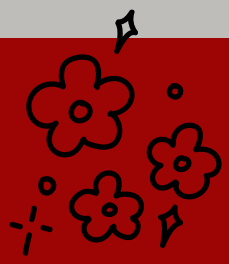
Ms. Verbeten
6th Grade
jverbeten@depere.k12.wi.us
(920) 337-1036 ext. 3005

SEL in the Classroom

We have started SEL- Second Step in all classrooms. These twice-a-month lessons focus on important social-emotional themes. School counselors will be providing students a virtual lesson this month. Students will be focusing on emotional regulation.

- **5th & 6th grade:** Handling emotions & how to regulate our emotions. Counselor video: Words Matter- how our word affect others and how to think before we say anything.

Alternative Recess



October-April
Every Tuesday in the Activity Room

On Tuesdays during recess, students can join us in the Activity Room. Options include a quiet space to read, color, or joining rotating activities like board games, puzzles, and arts & crafts.Teachers will have a list of the weekly options available.

SEL focus: Emotional Regulation

Emotional regulation means noticing feelings and choosing how to respond. For 5th and 6th graders the goal is to handle emotions in ways that keep themselves and other safe and help them move forward.

Some pointers for parents:

- Model your own strategies
- Practice during calm moments and then have your student choose what they feel they could use at school.
- Offer choice
- Notice their effort
- Consistent daily routines