

Fall 2021

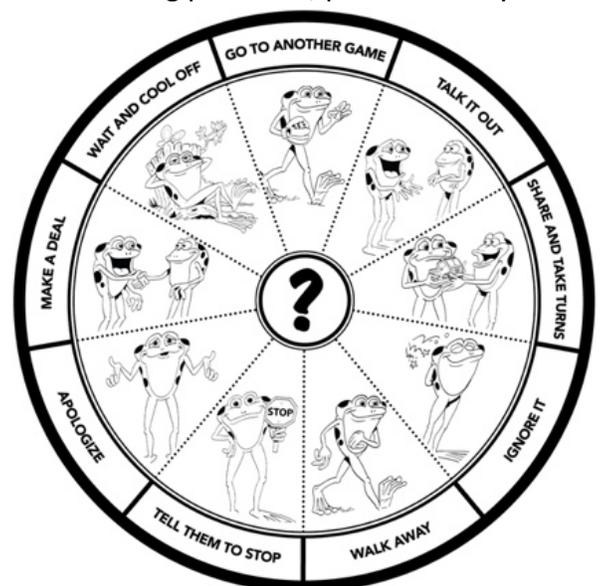
School Counseling Newsletter

Holy Rosary Families, I hope the school year is off to a great start! My name is Lauren Samson, I'm the new school counselor at Holy Rosary. I enjoyed meeting many of you at Back-to-School Night. I will be helping the students during classroom counseling lessons, group work, and one-on-one meetings. I know COVID has been extremely stressful and has created anxiety for many students. My goal as the school counselor is to help all students develop coping strategies and tools to deal with life challenges. As I continue to work with all students at Holy Rosary my aim is to help them with developing life-long problem-solving skills that allow them to become more responsible, kind, assertive, and respectful individuals. I'm available to do check-ins with students that need social-emotional support or are struggling. I'm at Holy Rosary Monday- Thursday. I'm going into classrooms on a regular basis to teach Second Step, Kelso's choices, and helping students with bullying and problem-solving. Please Feel Free to reach out to me at lsamson@holyroaryws.org. Below is an overview of what we will begin covering this first trimester of the school year.

Kindergarten- 2nd grade

Second Step Curriculum: We will begin the year with focusing on Growth Mindset & Goal setting. In primary grades- focusing attention, improving skills with practice and effort, and understanding that mistakes are part of learning. Students eventually will be able to use growth mindset language, replace unhelpful thoughts with helpful thoughts, and persevere through challenges that they face every day at school.

Kelso's Choice Curriculum: Students will be introduced to problem-solving techniques through Kelso (the stuffed frog). Students will learn the difference between big problems, problems they can solve on their own and ones they need adult help for. There are 9 Kelso's Choices (Kelso Choice Wheel) that they can utilize to help them improve on their ability to problem solve. The 9 choices are: *Go to Another Game, Talk it Out, Share and Take Turns, Ignore it, Walk Away, Tell Them to Stop, Apologize, Make a Deal, and Wait and Cool off.* From learning these choices, students will understand which of the choices works best for them and identify those choices that need further development and practice. All students are encouraged to be respectful, caring, fair, responsible, and honest in all aspects of their lives.

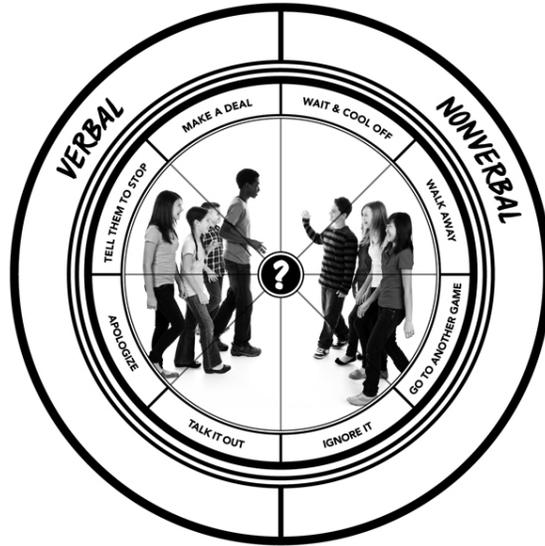


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3rd -5th grade

Second Step Curriculum: Students will begin understanding that the brain can grow and change. Students will learn that they can improve their skills with practice, effort, help from others, and by trying a new way. Students eventually will develop the skill of making an effective plan for how to get better at a skill. Students will begin learning about goal setting and how to monitor and modify progress in reaching their goals.

Kelso's Choice Curriculum: K.C.'s wheel is a simplified version of Kelso's choices that is aimed at helping preteens with problems that they are facing. Minor problems cause minor feelings of annoyance, embarrassment, boredom, etc. There are also "serious problems" that need to be taken to an adult because they are dangerous and could involve someone's safety. There are verbal choices and non-verbal choices.



6th - 8th grade

Second Step Curriculum: Students will begin to develop a growth mindset through learning from challenges, recognizing personal strengths, and exploring the unique aspects of their identities. I will help students be able to recognize the social challenges that are common during adolescence and often improve over time with the support of their classmates. Middle school students will be given tools to anticipate roadblocks to success and plan strategies for how to overcome them. Students will continue to develop the life-long skill of setting personal goals and creating plans to achieve these goals. Students will also have lessons and support with organization, managing stress, anxiety, and recognizing/ dealing with bullying.

I look forward to partnering with you this school year to ensure that your child has the support and help they need to be successful.

Blessings,

Lauren Samson