



SEPTEMBER 2020

CEDAR HILL COUNSELOR NEWSLETTER

Cedar Hill Elementary, Jefferson City Public Schools



2020: The Year of Opportunities

Welcome back to the school year! I know many of you are anxious and nervous for your children to begin school, regardless of what that may look like for your family. As we navigate this school year, I wanted to share with you my plans to help all Cedar Hill students on the social/emotional level. Here are some topics that will be covered in my bi-weekly counselor lessons in the classroom:

- Mindfulness
- Emotional Regulation (Zones of Regulation curriculum)
- Conflict Resolution
- Friendship Skills
- Career Exploration
- Diversity

I will also be conducting individual and small group counseling for various topics as well. This school year brings new challenges, but I am looking at those challenges as an opportunity to help our students grow as much as possible. If you ever have any questions, please do not hesitate to contact me!

Contact Information

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September's Lesson Topics

Kindergarten: Meet the School Counselor/Mindfulness

1st Grade: Meet the School Counselor/Mindfulness

2nd Grade: How our Brain works/Mindfulness

3rd Grade: How our Brain works/Mindfulness

4th Grade: How our Brain works/Mindfulness

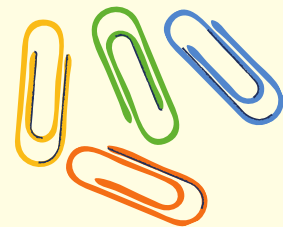
5th Grade: How our Brain works/Mindfulness

Parent Resources

Below are some helpful websites and resources that may interest you if you are looking for some information on various mental health topics. If you have an questions, or are looking for something specific, please reach out and I will be more than happy to help!

Helpful Mental Health Websites

- [Child Mind Institute](#)
- [Psychology Today](#)
- [National Institute of Mental Health](#)
- [American Psychological Association](#)



***The Whole-Brain
Child,
by Daniel Siegel, MD
and
Tina Payne Bryson,
Ph.D.***

