

SCHOOL COUNSELOR NEWSLETTER - AUGUST 2017

Allysone Moore - Chipeta Elementary

Hello, and welcome again to another school year! I am Allysone Moore, and I'm very excited to be at Chipeta Elementary for my 2nd year. This is going to be a great school year, and I look forward to all the learning and growing that will take place with your children. I am here to help ALL students succeed emotionally, behaviorally, academically, and socially. The services I provide are as follows:

- **Classroom Lessons** – About twice per month, I visit your students in their classrooms and teach them about different topics. Some of the lessons are about empathy, problem solving, emotion management, and other skills for success. I will be starting the SecondSTEP curriculum with all classes K-5 beginning at the end of August. Be on the lookout for additional info about SecondSTEP.
- **Small Group Counseling** – Throughout the year, I form small groups to address different needs. Some possible small group topics include:
 - **Academic Success Group** – This group is to help students improve their goal-setting, studying, and organizational skills. We also work on improving confidence and self-esteem. Referrals can come from teachers and/or parents.
 - **Friendship Skills Group** – This group focuses on developing age-appropriate social skills to help with their ability to make and sustain friendships. Referrals can come from teachers and/or parents.
 - **Grief Group** – This group is for students who have recently lost a close family member or loved one. A therapist from Hope West will co-facilitate this group with me and can provide additional outside support as needed. Referrals are welcome from parents for this group.
 - Other small groups may be formed as needed.



- **Individual Counseling** – Students may request to see me individually by leaving me a note in my mailbox, by asking their teacher, or by asking me in person. I try to meet with students as soon as possible after they have made a request. I will notify parents if the issue is serious enough to warrant notification or if the student is seen more than a few times. I can also meet with students individually at the request of a parent or teacher. Although I do not offer therapy, I can meet with students regularly for a few weeks to work on specific skills. I also provide referral information for community resources if a child/family needs on-going individual/family counseling.

Please feel free to contact me if you have any questions about the services I provide or if you have concerns about your child.

You may call me at **(970) 254-6825 Ext. 45108** or email me at **Allysone.Moore@d51schools.org**. I look forward to an amazing school year!

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