

SCHOOL COUNSELOR NEWSLETTER - DECEMBER 2017

Allysone Moore - Chipeta Elementary

Hello Chipeta Families!

Happy Winter! Can you believe it's already December?! The students at Chipeta continue to build their knowledge and skills through our Second Step classroom lessons.

Here's what we've been working on:

- **Kindergarten & Grade 1:**
 - Using Self-Talk to Stay on Task
 - Being Assertive to ask for Help
 - Identifying Feelings
- **Grades 2 & 3:**
 - Being Assertive to ask for Help
 - Identifying Feelings
 - Feeling Confident
- **Grades 4 & 5:**
 - Understanding Different Perspectives
 - Respecting Differences
 - Showing Compassion

Need some help and don't know where to start? Below are some resources that you may find helpful.

- **General Community Resources**

<https://humanservices.mesacounty.us/>

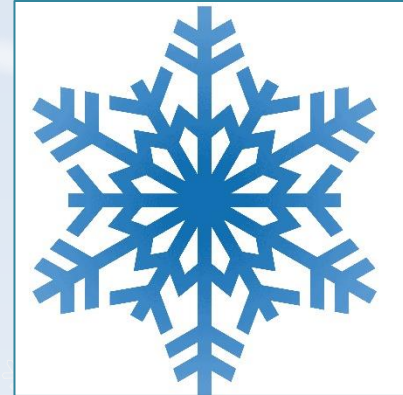
Mesa County Department of Human Services
Community Resources

<http://gjchamber.org/area-info/community-resources>

Grand Junction Area Chamber of Commerce
Community Resources

<http://wc-cf.org/community/community-resources/>

Western Colorado Community Foundation
Community Resources (Mesa County)



Are you wondering what kinds of supports the School Counselor can provide for individual students? Well, here are some examples!

- **Individual Student Support**

I've worked with students one-on-one to help them improve their:

- Self-control/Managing impulsivity
- Coping skills to deal with strong emotions and stressors, such as divorce
- Communication skills
- Friendship skills

If you feel that your child could benefit from some individual student support, please let me know.

As always, please feel free to contact me anytime if you have questions or if you have concerns about your child.

Allysone Moore
School Counselor

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