# SCHOOL COUNSELOR NEWSLETTER – 1ST QUARTER

## Julie Schreiner - Chipeta Elementary

Welcome to another school year! I know there have been many changes this year and possibly even some uneasy feelings. That being said, please rest assured that we are doing everything we can to support your kiddos and we are SO excited to have them back at school. Please call me if there is anything I can do to help make this school year the best it can possibly be! 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. Throughout the year, we will have lessons about empathy, problem solving, emotion management, and other skills for success.

- **Small Group Counseling** – Throughout the year, I meet with students in small groups to work on specific skills. I'll collaborate with teachers and parents to determine goals and participants. Some possible small group topics include:
  - Academic Success Skills – To help students improve their goal-setting, studying, and organizational skills.
  - Friendship Skills – To help students develop age-appropriate social skills and improve their ability to make and sustain friendships.
  - Self-Worth– To develop confidence, recognition of strengths, and appreciation of self.
  - 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.

- **Individual Counseling** –
  - Students may request to see me individually 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 **Julie.Schreiner@d51schools.org**.

**Julie Schreiner**
**Chipeta Elementary**
**School Counselor**
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