

COUNSELING NEWS

August



A note from Ms. Corpora:

Welcome Back!

It's been so exciting to get into the classrooms and begin our Core Counseling Curriculum. I am in each classroom twice a month. During these lessons, the focus is on social and emotional learning, with the goal to start building students' own toolbox of skills. This month classes learn about the role of the school counselor and social emotional learning coach. Later in the month classes will participate in cosmic kids yoga to start developing relaxation skills.

We look forward to partnering with you this school year!



Ms. Corpora

Upcoming events:

- Friendship lunch groups begin Sept. 5th!
- September-Small Counseling Groups
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Looking ahead:

AUGUST	Meet the Counselor Lesson & Yoga
SEPTEMBER	Understanding our emotions & Yoga
OCTOBER	Safe & Caring Community & Yoga
NOVEMBER	Gratitide & Gratitude Project
DECEMBER	Circle of Control & Yoga

Stay in touch :

Please reach out at anytime.



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