

# Mooneyham Elementary School

2301 Eden Drive McKinney, TX 75070 469-633-3650

**It's time for learning and growing together!**



Dear Parent of a Second, Third, Fourth, or Fifth grade Student,

**Great news! Small guidance groups are starting again soon!** This is one of my favorite parts of being a counselor! There are seven topics offered to second through fifth grade students at Mooneyham. Small groups meet once per week during the school day for approximately 30 minutes. Groups will meet 6-8 times with 3-6 students in each group. We may miss group due to holidays, training, off-campus meetings, and testing. A missed meeting will be made up by extending the group another week during the regularly scheduled day and time. On the first day of group your child will bring home a note and once the group is over your child will bring home his or her group folder to share with you so you can see some of the activities we did together. The back of this letter provides a complete list of groups offered at your child's grade level and a description of what concepts will be emphasized in each small guidance group.

There are many reasons why children are included in a small group. A teacher, counselor, or parent has suggested some children for a group. Some children have asked to be in a group either to get help or to give help others in a similar situation. It can be so comforting for a child to see that other children their age have had similar experiences and he or she is not alone. Students may also benefit from the reassurance in being able to help others in similar circumstances. I wish all children could be in a small group.

If you feel your child might benefit or could help others in a group, please indicate a choice and sign at the bottom. Please return to Ms. Avers, counselor at Mooneyham.

Thank you for the opportunity to share some of the guidance services that Mooneyham has to offer your child. If you have any questions please contact me at Mooneyham Elementary, 469-633-3654.

Sincerely,

*Cindy Avers*

Cindy Avers, M. Ed.  
School Guidance Counselor



**Small Guidance Group Topics for Second through Fifth Grades  
Parent Permission Form**

**Child:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

**Please check a preferred group choice or choices (please list a 1st or 2nd choice preference). Children may participate in one group topic.**

\_\_\_\_\_ **Changing Families:** For students experiencing a recent separation, divorce, or remarriage in their immediate family. Topics include: understanding feelings, developing positive self-concept, understanding family changes and how to cope, how to deal with common problems or concerns when your family is changing (separation, divorce, re-marriage, stepfamilies).

\_\_\_\_\_ **Stress Busters:** Students will learn more about healthy stress-management. Time management, positive thinking ("even if \_\_\_\_\_ happens, I can still \_\_\_\_\_"), learning about positive and negative stress and strategies (deep breathing, exercise, music, time to relax), coping skills (talk about your feelings with someone you trust), and strengthening self-confidence will be covered.

\_\_\_\_\_ **All About Me:** (Self-Understanding and Confidence): Students will: 1) Learn more about their own strengths and how to build on them, 2) Understand their feelings, 3) Realize they are unique individuals and are both loveable and capable, 4) Learn and apply positive thinking, and (5) How to handle setbacks and learn from failure situations.

\_\_\_\_\_ **My Friends and Me:** Students will learn more about relationships with peers and adults. Group content includes: Active listening, social skills (following instructions the first time, making a request, disagreeing appropriately, accepting criticism), reflective listening, assertiveness, how to make and keep friends, and expressing feelings appropriately.

\_\_\_\_\_ **Lifetimes:** For Students who have experienced the recent death of a loved one. Help in coping with the loss by talking about feelings of grief, remembering special times together, and understanding the biological concept of death (appropriate to the age level) will be covered.

\_\_\_\_\_ **Dealing with Feelings:** Students will learn more about anger, their own anger triggers, effective and appropriate ways to express their feelings (i.e. art, exercise, talking, play, writing, relaxing), and how to apply anger control measures (i.e. count-to-ten, stop and think).

\_\_\_\_\_ **Eagle Eyes:** Only for students who have been **MEDICALLY DIAGNOSED** with A.D.D. or A.D.H.D. Group will focus on understanding the disorder, how to express feelings and understanding feeling signals from others, understanding medication, improving peer relations, and how to improve "Stop and Think" skills.

*\*\*\*All groups will have 6-8 meetings. Meetings are once per week for 30 minutes during the school day\*\*\**

***Please return to Ms. Avers, Counselor, before September 15<sup>th</sup> of the current school year.***

**Parent Permission**

\_\_\_\_\_ **I DO** give permission for my child, \_\_\_\_\_, to participate in the group(s) checked above.

\_\_\_\_\_ **I DO NOT** give permission for my child, \_\_\_\_\_, to participate in a group.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Note:** Every effort will be made to include your child in one of the choices you have indicated. If there is an immediate need for your child to be in a group, **please write me a note or call.** I run several groups at a time and will continue offering groups both semesters of the school year.