

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



Dear Parent of a Kindergarten or First 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 Group Guidance Topics for Kindergarten and First Grade

## Parent Permission Form

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

Please check a group choice (if more than one area of interest, please list 1<sup>st</sup>, 2<sup>nd</sup> choice). Students may participate in one group topic.

\_\_\_\_\_ 1. Dealing With Feelings - through play, puppetry, drawing, children's literature - becoming more aware of our feelings and how to express them appropriately (through using respectful words, drawing, scribble pictures, counting to 10, hugging a comfort object like a stuffed animal, etc.).

\_\_\_\_\_ 2. My friends and Me - through play, puppetry, drawing, children's literature - learning more about how to communicate effectively with other children and grown-ups (to include how to make a request, sharing, taking turns, using manners, conversation skills, and other social skills).

\_\_\_\_\_ 3. Changing Families - through play, puppetry, drawing, children's literature - for children who are experiencing a separation or divorce in their immediate family. Talking about feelings, the fact that it's not their fault, and the importance of sharing feelings with their parents will be covered.

\_\_\_\_\_ 4. All About Me - through play, puppetry, drawing, children's literature - learning how to raise one's self-confidence. We'll be talking about how important each person is (likes, dislikes, each person is special), that we are loved by others (parents, teacher, grandparent, etc.), and learning about our strengths. We'll also talk about what to do or say when we make a mistake. Stress will be placed on positive self-talk.

\_\_\_\_\_ 5. Lifetimes - for students who have experienced the recent death of a family member - help in coping with the loss by talking about feelings, remembering special times together, and understanding the biological concept of death (appropriate to the age level) will be covered.

*\*\*\*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.