

NEWSPLETTER

WELCOME BACK

THERE IS MUCH TO LOOK FORWARD TO THIS YEAR!

Welcome back to another exciting school year! My name is Jennifer Sheppard and I am delighted to be the Elementary Counselor at Lang Ranch. The Elementary Counselors have many wonderful programs planned for our 2018-2019 school year.

The goal of the Elementary Counseling Program is to teach students essential life skills such as friendship, conflict resolution, and study skills, through one on one counseling, small group counseling, parent and teacher meetings, assemblies, and crisis intervention when needed. We also work with our School Social Worker at the Title I schools for added support for our students.

As Elementary Counselors, we are in a unique position to help students during the school day and throughout the school year. All counselors are at multiple

school sites during the week; however, parents are able to reach us through email and our individual cell phone numbers. Please see the front office staff for contact information.

This year we are, once again, excited to meet with our fifth grade students for the STAND PROUD program.

- Support,
- Trust,
- Acceptance,
- Nurturing,
- Dependable,
- Perseverance,
- Respect,
- Opportunity,
- Understanding,
- Determination.

STAND PROUD is the acronym for leadership qualities we practice through experiential learning activities during the school year.

The program is in its seventh year at the district and is some-

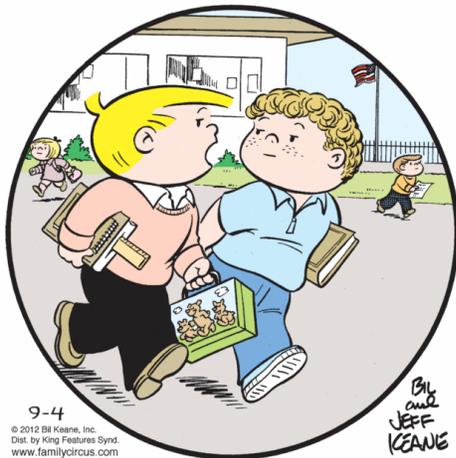
thing students look forward to once they get to fifth grade. Through class activities on-site or our year-end field trip to Malibu, we meet with each fifth grade class during the year to reinforce the STAND PROUD lessons.

In October, we will be celebrating Bullying Prevention Month; in January, we will be participating in the Great Kindness Challenge, a week-long event held all over the globe; and in February, we celebrate National School Counseling Week, just to name a few events in store for the school year.

We love hearing from our students, but we also love hearing from our parents so we can do our best to meet the need of our students. We look forward to working with everyone during the school year.

Cheers to the new school year!

Next Months' Issue: Let's Talk Attendance!



"The hardest part about goin' back to school is getting my voice to whisper again."

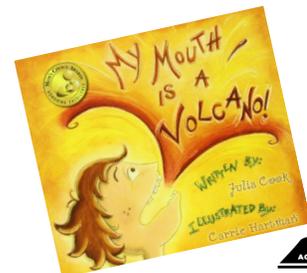
Kindness Campaign

Looking for the positive throughout the day can be a challenge for some students because a new school year can be scary. Sometimes, the littlest thing can make the biggest difference. Take some time to concentrate on the small things and your student may open up about more things that happened during the day.

Remind your student that it is important to be kind to others, especially if they want others to be kind to them and it is important for students to know who they feel comfortable talking with on campus.

Book Recommendation

The beginning of the school year is the perfect time to help students remember proper classroom behavior. My Mouth is a Volcano by Julia Cook gives students strategies when they have a tendency to



interrupt and is a great book to read as a family.

