



COUNSELING GAZETTE

Volume I

August 2020

Welcome to a Brand New Everything

We would like to take this moment to welcome everyone back to the 2020-2021 school year. The last school year did not end the way anyone would have expected and no matter how you are joining us, it is good to have you back.

Resiliency

We have all shown that although change is not easy, we can bounce back from it. We want to congratulate our students for being resilient when all of their classes were abruptly changed into online classes and our lives suddenly shifted from out in society to into the home.

This School Year

How lucky are we to be able to adjust our education system for the betterment of the students. This year gives us the opportunity to make changes to our school day where we may not have realized a change was needed. It also gives us the unique ability to reexamine what is working, what is not working, and make the necessary improvements. We will continue to “learn as we go” and improve in the areas that need it most.

It will be important to give your student(s) time to adjust to the routine of the school day, whatever it ends up looking like for them. We want to work on making connec-

tions and building community, as if we were in the classroom together, and our teachers are coming up with great ideas.

For students, it is important to note that the school day is going to be different for everyone and we must learn to respect what decisions our parents have made for us. It may not be what we want, but we will make the most of it. Your teachers will work hard to make connections with students and start relationships positively because they care about their students and their students’ well-being.

Social Emotional Learning

One of the ways the counselors are helping to facilitate connection and community is through Social Emotional Learning, or SEL. SEL is important because it is the process of developing self-awareness, self-control, and interpersonal skills that are important for school and life success. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. SEL provides a foundation for positive, long-term effects on kids, adults, and communities.

The elementary counselors have teamed up to create video lessons for students to receive each week. We are following the Sanford Harmony SEL lesson guidelines, which is

a program some of our schools have used in the past. Teachers will be able to use the lessons and incorporate practice into their regular classroom lessons.

All students throughout similar grade levels in elementary will be receiving the same lessons week-to-week. Parents are encouraged to talk to their student about their SEL lesson to help reinforce the lesson at home.

Self Care

Do not forget to take care of yourself! Your student is learning how to cope by watching you, so do not be afraid to talk about your feelings or share how you brainstorm solutions for a problem. Those are skills your student is also learning and you will be able to practice them together.

Dates to Remember:

Monday, September 7th: **No School**, Labor Day Holiday

Monday, September 28th: **No School**, Yom Kippur

Monday, October 12th: **No School**

October 19th-23rd: **Parent/Teacher Conferences**, minimum days for elementary students

Elementary School Counselor Contact Information:

Conejo, Cypress, Maple, Westlake Hills; Katie Berry, KBerry@conejousd.org (805) 558-7974

Banyan, EARTHs, Walnut; Janelle Guillot, jguillot@conejousd.org (805) 208-6519

Aspen, Glenwood, Madroña, Wildwood; Lorena Martinez, lmartinez@conejousd.org (805) 630-4568

Acacia Magnet, Ladera STARS, Lang Ranch, SHINE; Jennifer Sheppard, jensheppard@conejousd.org (805) 796-2897

Sycamore Canyon, Weathersfield, Westlake; Nathan Snider, nsnider@conejousd.org (805) 208-3376

Elementary School Social Worker Contact Information:

At the elementary level, we are lucky to have Gabriela Magdaleno as our School Social Worker. Ms. Magdaleno has years of experience and many resource connections throughout the Conejo Valley and Ventura County, and her expertise is invaluable. She primarily works with our Title I schools and families: **Acacia Magnet, Conejo, Glenwood, Ladera, Madroña, Maple, and Walnut.**

Her contact information is: gmagdaleno@conejousd.org (805) 390-1610.