



ST. SEBASTIAN Catholic School

A parish school serving the community since 1913

Dear Parents/ Guardians:

My name is Jennifer Skinner and I am the school counselor here at St. Sebastian School. I am here weekly on Thursdays and Fridays. As a school counselor, my goal is to meet the social and emotional needs of *all* students to foster their academic success. The school counseling program is a developmental and preventative program that focuses on helping all students achieve academic and personal success through a variety of ways. To this end, I provide monthly classroom lessons that address broad developmental topics (self-esteem, social skills, problem-solving skills, emotional regulation, etc.). I also provide short-term individual counseling on an as-needed basis for students who have specific needs. Counseling referrals are received from students, teachers, parents/guardians, or peers.

Another service that I am offering is small group counseling topics for students in grades 1 through 8. Small groups will be held twice monthly over the lunch/recess time and will last between 4-8 weeks, depending on the topic. Small group counseling benefits students who need more time to learn and practice the developmental skills taught during my classroom visits and/or provide the opportunity to share experiences with others, have support, and learn from students who are dealing with similar issues. I emphasize to students that groups are about learning and that participating does not indicate a problem. The groups are structured, goal-focused, and allow students to learn important life skills in a small setting.

Listed below are the groups I am considering this year, based on need and interest.

Anger management (students learn how to identify and appropriately express their anger)

Anxiety (students learn tools to effectively manage their anxious feelings)

Divorce/changing families (students learn how to cope with their parents' divorce or similar change in their family)

Grief (help students manage grief)

Making and keeping friends (students learn and practice the characteristics of good friends)

Self-esteem (boost students' confidence)

Social Skills (students build a better understanding of positive school behaviors)

On the next page is a form to return to me if you would like your child to be considered to participate in a small group. Please keep in mind that not all groups will be offered; your response will help me determine interest and need. For broader categories such as “making friends,” I cover this with all children regardless.

Please feel free to contact me with any questions or concerns. I can be reached at jskinner@saintsebs.org or on Thursdays and Fridays at (414) 453-5830.

Sincerely,



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Jennifer Skinner, MS, LPC

If you are interested in having your child participate in a particular group, please circle the group, provide your child's name, grade, and teacher and return to the office. Once groups have been determined, I will contact you.

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Name: _____

Grade: _____

Teacher: _____

Name of parents/guardians: _____

(Signature of parents/guardians)

(date)