

August 27, 2018

Welcome to the 2018-2019 school year,

Hello! My name is Lauren Yack and I am one of the school counselors in the 468/486 building. I work directly with the 2nd, 3rd, and 4th grade students. I am writing to introduce myself and give a brief overview of our elementary school counseling program and services. I am entering my 6th year at Collegium Charter School and my 11th year as an elementary school counselor – time flies when you are having fun! My daughters attend Collegium and are in 1st and 4th grades. We love to go on family adventures. I also enjoy reading, playing football, and running for fun. I am looking forward to working with the parents and students this school year!

Collegium offers school counseling services to all students! Classroom guidance lessons are taught once per instructional cycle in all classrooms. Collegium uses the Second Step program to teach social-emotional learning skills, including: listening, focus, self-talk, assertiveness, empathy, calm-down strategies, and problem solving skills, to all students. This year we will also be using two other Second Step curriculums to teach bullying prevention lessons and personal safety lessons. I have included codes, on the back of this letter, which you can use to gain access to Second Step resources in order to reinforce the concepts your child is learning at home. Home Links will come home regularly – please be sure to do these brief, review activities with your child!

Collegium offers small group and individual counseling services on an as-needed basis. There are times during a student's school career where he/she may need additional, short-term support. Small group counseling provides students with an opportunity to learn and practice important life skills that will help them with coping and calming down, self-regulation, anger management, starting new friendships, and many other important topics. Individual counseling provides students with the opportunity to talk through any issues that are going on at school or at home. Students are able to self-refer or be referred by their classroom teacher.

Lastly, I am here to consult with and support parents and families in order to provide the most comprehensive services for students. My goal is to help all students feel a sense of belonging and experience success in school. Parents and families can reach out to me any time via phone or email. I am also available to set-up an in-person appointment. Again, I look forward to working with you and your family.

Sincerely,



Lauren Yack, M.Ed.

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Visit my website - <http://mrsyackschoolcounselor.weebly.com/>



TURN OVER 😊

Second Step Information

Students will be required to complete Home Links that correspond with the Second Step lessons taught in the classroom. These Home Links are an opportunity for your child to practice and share what he/she learned. Second and third grade students will get Home Links every other lesson. Fourth grade students will get Home Links with almost every lesson.

Make sure to join www.secondstep.org with the activation key(s) based on your child's grade level:

2nd Grade – **SSP2 FAMI LY72**

3rd Grade – **SSP3 FAMI LY73**

4th Grade – **SSP4 FAMI LY74**

By joining and entering the code(s) you are able to watch videos about the *Second Step* program and get information about what your child is learning.

The *Second Step* program teaches skills in the following four areas:

- 1. Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.
- 2. Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
- 3. Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- 4. Problem Solving:** Students learn a process for solving problems with others in a positive way.