

# *Introducing the Counselor*



Dear Students and Parents,

Welcome back to what will be a great school year!! A counselor is someone who listens and doesn't judge how you speak, what you say, or what you're feeling. A counselor tells the truth, keeps a secret, and may find others to help you. During the month of September, I will visit your child's classroom for my first Guidance lesson, and we will discuss what my role is as our school's counselor.

A counselor listens when:

- You're feeling lonely, sad or mad
- You're frightened, confused, down or put-down
- School is difficult for you
- You're having friendship issues
- You have some exciting or happy news to share!

*I am your school counselor.* My name is Mr. Rauschenberger. I am here for you. I'm here for your family too. If you need me, all you have to do is let me know. Fill out a guidance pass (located in an envelope in your classroom) and put it in my mailbox outside my office door. My office is located just up the stairs from the cafeteria. You can also tell your teacher that you need to see me. We'll talk a little bit, play a game, or maybe read a book together. It's that easy!



In addition to meeting in the Guidance office, *I will make regular visits to classrooms to conduct lessons on various topics throughout the year.*

*Some of this year's themes for Grades 1-5 will include:*

- ❑ Friendship and Self-Esteem/Manners
- ❑ Bully Prevention
- ❑ Empathy and Tolerance
- ❑ Conflict Resolution Part I-Actions and Consequences (Problem Solving)
- ❑ Conflict Resolution Part II-Stress Busters/Management
- ❑ Moving On/Coping With Change

*Kindergarten classes* will use a curriculum based on "*My Personal Rainbow of Feelings.*" Each lesson focuses on different feeling words and connects these feelings with different colors of the rainbow. Kindergarten classes will, however, receive a lesson on bully prevention as well.

After each lesson on a grade level has been completed, a *Guidance Home Page* will be sent home via that week's *Friday Folder*. The Home Page will highlight what topic was covered and activities/discussions that took place.

I also conduct *small groups in the Guidance office*. Groups meet once a week during lunch and/or recess for 8-10 weeks. Groups run in Fall & Spring.

*Some of this year's group offerings include:*

- ❑ Newcomers (New Students) (Grades 1-5)
- ❑ Banana Splits (Divorce/Loss) (All Grades)
- ❑ Fun With Friends (Friendship/Self-Esteem) (All Grades)
- ❑ Stress Busters (Stress Management) (Grades 3-5)
- ❑ Boosters (Self-esteem) (Grades 4-5)
- ❑ Let's Get Organized! (Organizational skills) (Grades 3-5)

Parents may access my Guidance web page through the LCS Online Resource Directory located on the LCS website. Parents may call me at 908-204-2550, ext. 108 or e-mail me at [Erauschenberger@bernardsboe.com](mailto:Erauschenberger@bernardsboe.com) *to request group info. and a permission slip.* I look forward to seeing you!

Sincerely,  
-Mr. Rauschenberger

