

Welcome Back Bower Hill Families

I hope you and your children enjoyed a wonderful summer! As a child I felt like summer break seemed to last forever, as it crawled from baseball games to swimming pools. It is so different now, looking through my “parent eyes”. There is no crawling; we are now rushing to fit in each event. As a parent summer moves at a much faster pace. Many of us welcome back the defined schedule that the school year offers. Many students will pick up where they left off last year, showing great HERO behavior.

Teachers and counselors will pick up where we left off as well. Counseling lessons at Bower Hill focus on academic skills, personal and social skills and career awareness. All students participate in these classroom lessons about once each month. Please look for updates along the way.

HERO Lessons are also taught to all students throughout the year. These lessons may piggy-back on some of the counseling lessons or they may focus on school-wide issues. They will be taught by classroom teachers throughout the year. Thank you for all of your support. We are looking forward to a great year!

Groups Offered For Students In 1st Through 3rd Grade

It is a great experience to work with children in small groups. Through small group work many children experience close connections with other children and adults. Feeling part of a group can be very comforting and help children work through any specific issues or gain positive skills.

Friendship Skills Group (Lunch Group) - Students are nominated for this group by teachers or parents to help a child make connections with peers in the classroom. Friendship Skills Group is held during one lunch each week with the counselor. Conversation skills, interactive play, team building and turn-taking are the focus of different lunch groups.

Grief Groups are available for students who have suffered the loss of a loved one or family member. If a student is experiencing a family change and prefers to meet one-on-one with the counselor as opposed to a group experience, a time can be scheduled to do so.

Changing Family Groups are available for students whose families may be in transition due to separation, divorce, or blended families. Groups offer students an opportunity to share their thoughts and feelings with other students who have experienced similar situations in safe and secure environment. If a student is experiencing a family change and prefers to meet one-on-one with the counselor as opposed to a group experience, a time can be scheduled to do so.

The groups provides a safe confidential place for children. Your child does not need to be having “problems” to participate in the group. As children grow and develop, their feelings and understanding change too. If you have questions or would like your child to participate in either group please email me traumullerf@pt-sd.org and request permission form.

Calendar

9/4 - Happy Labor Day

9/29 - Red and White Day

9/6 - Bower Hill PTA Meeting

10/2 - Read-A-Thon Begins

Bower Hill School Counseling Department

10/4 - Bower Hill PTA Meeting

10/18 - BH Open House K & 2

10/16 - Book Fair

10/19 - BH Open House 1 & 3

Please contact me for information about...

- Local Counseling/Therapy & other Mental Health Services for your child or family, including grief counseling, psychiatric evaluations, behavior management & wrap-around resources
 - Lunchtime Friendship/Social Groups
 - Short-term Individual Counseling in the school setting
 - Behavioral, Social or Academic Concerns
 - Financial Resources including applications for Free/Reduced Lunch, CHIP and The Bower Hill Scholarship Fund
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Contact Information:

School Counselor

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School Counselor Secretary

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