

## ***Eleanor Van Gelder School***

*NICHOLAS PERRAPATO*  
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November 11, 2020

Dear Parents and Guardians:

Allison Morgan, the 5th grade ELA teacher, is offering group counseling with the theme of “stress busters” to our students this marking period. Aside from being an Elementary teacher, Ms. Morgan is a Certified School Counselor.

Ms. Morgan will be offering 4 groups per week on both Monday and Wednesday. Group Counseling will begin the week of November 23, 2020. Each group will meet on a weekly basis for 6- 8weeks. Each meeting will be 30 minutes in length and will take place after school. There will be a total of 4 groups with no more than 8 members to each group. All group counseling sessions will be held on zoom, there will be no in-person sessions at this time.

The schedule will be:

**Monday: 1:15-1:45 and 2:00-2:30**

**Wednesday: 1:15-1:45 and 2:00-2:30**

During group meetings, children will have the opportunity to learn new skills and behaviors through discussion of ideas, feelings, behaviors, attitudes, and opinions. The children will participate in a variety of activities relating to the group topic. These activities may include drawing, role-playing, relaxation exercises, and practicing new behaviors. Your child may also be asked to practice their new skills with family members and friends. For example, your child may be asked to practice telling you how they feel, or may be asked to practice deep breathing.

As the parent, you can always feel free to contact Ms. Morgan to discuss your child and his or her growth in the group. However, because counseling is based on a trusting relationship between the counselor and the students, the leader will keep the information shared by the members confidential unless district policy and/or ethical responsibilities require disclosure. These circumstances are if a child reveals information about harming themselves or others, or if a child reveals information about child abuse. In these rare cases only, relevant information will be shared following district policy.

For your child to participate in a group, I will need to have written permission from you. Please complete the attached form and return it to Ms. Morgan. If you have questions or concerns, please contact Ms. Morgan at [amorgan@edgewaterschools.org](mailto:amorgan@edgewaterschools.org).

Sincerely,



Nicholas Perrapato  
Interim Superintendent/Principal

## PERMISSION SLIP

Child's Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

I would like my child to participate in the Group Counseling for Managing Stress.

By signing this form, I give consent for my child to participate in group counseling. I understand that:

- The group will provide an opportunity for members to learn and practice strategies related to managing stress, as well as the chance to discuss feelings, share ideas, practice new behaviors, and make new friends.
- Anything the group members share in group will be kept confidential by the group leader and the other group members.

Parent/Guardian's signature: \_\_\_\_\_

Parent/Guardian's email address: \_\_\_\_\_

Parent/Guardian's phone number: \_\_\_\_\_

Comments/questions or concerns: \_\_\_\_\_

\_\_\_\_\_

Please return permission slip to Ms. Morgan [amorgan@edgewaterschools.org](mailto:amorgan@edgewaterschools.org).