



November 2021

## NORTH PARK ELEMENTARY COUNSELOR'S CORNER

### MONTHLY UPDATES FROM MRS. DIANNA

In January, we will be starting a new round of small counseling groups. I will be teaching the following topics:

1. Managing worry/anxiety
2. Building social skills
3. Healthy friendships/conflict resolution
4. Emotion/anger management

If you would like your student to participate in one of these groups, please email me at:

[Dianna.serfustini@besd.net](mailto:Dianna.serfustini@besd.net)

## JR HOPE SQUAD

New this year! For the first time at North Park we have created a Jr. Hope Squad. The goal of a Jr. Hope Squad is to increase inclusion, friendliness, and kindness. This squad is comprised of twenty 4<sup>th</sup> and 5<sup>th</sup> grade students that were nominated by their peers. They will be involved in creating a "Hope Week" later this school year, that all students will participate in!

### Introducing our 2021-2022 Jr. Hope Squad



(Not pictured: Karter Nelson)

#### **Parent Resources:**

[Wellness Today Newsletter](#)

[Coping Skills For Kids](#) – click on "Resources"

[BESD Well-being Website](#)

