

Dear Parents and Guardians:

My name is Lindsay Lash and I am the full-time school counselor at South Central Middle and Elementary School. Now that South Central has a school counselor available every school day, your student is able to receive additional services. One of those services is small group counseling, which takes place during lunch once a month. These groups focus on specific topics (such as bullying prevention, positive school behaviors, and making and keeping friends) so that the participating students can be academically and socially successful at South Central. *New groups and topics are formed throughout the school year.*

For your student to be part of one of these small groups, he or she must have a permission form signed by you.

Your student has been invited to the following small group: **Sisterhood: Lunch Buddy**

In this group, students will focus on the following action items:

1. Learning how to maintain healthy friendships with other girls.
2. Understanding how to utilize conflict management strategies with other girls.
3. Developing an appreciation for who they are as an individual.
4. Learning how to share feelings with keeping hands to oneself.

Please return this form to Lindsay Lash (or the main office) by **Monday, September 3rd.**

Thank you for your time. If you have any questions or concerns, please feel free to contact me via email (llash@southcentralschools.org) or phone (618-547-7696).

Lindsay Lash
School Counselor, South Central Elementary and Middle Schools

_____ (Student Name) is:

given permission to participate in the **Sisterhood/ Lunch Buddy** small group.

NOT given permission to participate in the **Sisterhood/ Lunch Buddy** small group.

Parent/Guardian Signature

Date