



January 28, 2019

Dear Parent or Guardian,

I will soon be forming counseling groups for children in third through eighth grade. Due to requests, the first group that I will run, Banana Splits, will be specifically designed to support those students whose parents are separated or divorced. The primary purpose of the group is to let children know that they are not alone in this situation. Also, the group provides a safe and confidential place to discuss feelings and concerns. The general goals of the small counseling groups are (1) to help students learn effective communication skills, (2) to help students learn valuable coping skills, (3) to help students recognize how feelings and behaviors are related to academic performance, and (4) to provide an opportunity for children to help each other through sharing feelings and experiences in a safe environment. Your child does not need to be having problems to benefit from the group. As children move through each developmental stage, different issues concerning separation, divorce and remarriage arise. It is helpful to take advantage of opportunities to open lines of communication for your child.

Groups will meet once a week for 6-8 weeks during lunch and recess. Please remember small groups are not mandatory and are offered solely to help students struggling with specific concerns. If you are interested in having your child participate in a small group, fill out the below permission form and return it to your child's teacher or to me as soon as possible. I will begin to form groups mid-February so please return this form no later than February 8 2019. Do note that there is a place on the form to let me know if you believe your child would benefit from a different type of group. Please feel free to contact me if you have any questions or concerns via email at phelps@bayheadschoo.org or 732-892-0668.

Sincerely,

Jana Phelps
School Counselor
Bay Head School

Frank Camardo
Principal

Your child's name: _____ Grade _____

_____ YES, I would like my child to participate in the **Banana Splits group**

I am not interested in this type of group, but would be interested in another group:

friendship/social skills _____ **organization** _____ **Other** _____

Parent/Guardian Signature: _____ Date: _____

* Please note that I will only be able to run a group if there is enough interest