



## From the Counseling Staff

Dear Students, Parents, and Guardians:

The counseling staff offers a variety of services to our students throughout the year.

**Cougar Character:** This is a weekly class in character education. This class teaches social skills including anti-bullying. The emphasis in these classes is on empathy training, impulse control, and anger management skills. This program also incorporates the ten character traits adopted by the West Valley School District: Respect, Responsibility, Citizenship, Caring, Fairness, Honesty, Diligence, Trustworthiness, Courage, and Integrity. One trait is taught each month, and at the end of the month one student of the month from each classroom is picked for doing an exceptional job of demonstrating this trait.

**Care Groups:** Support through groups is provided for students who are dealing with friendship/social, divorce, grief/loss, and anger. Groups are offered throughout the school year and meet once a week during the school day for thirty to forty minutes.

**Positive Behavior Supports:** School-wide expectations (PAWS) are used throughout the school. These are taught in classrooms and in Cougar Character. Students who follow expectations are rewarded with a "Cougar PAW" which is then entered into a drawing for small prizes. Some students may also be referred to the Cougar Care Program. This is a daily mentoring program which helps reinforce the positives in the child's day through the use of a progress report and daily communication with home.

If you have questions about our counseling program or concerns about your child, please contact the counseling staff at 922-5473. We are here to help.



- \_\_\_\_\_
- Yes, I would like my child to participate in a Care Group.
- No, I would NOT like my child to participate in a Care Group.

Please check group of interest below:

- Friendship/Social     Divorce     Grief/Loss     Anger

Summarize specific concerns: \_\_\_\_\_

Child's Name \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

Teacher's Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_