

# COUNSELING CORNER



## September 2023



### Welcome Back!

Happy September!  
We hope you had a wonderful summer! Each elementary school in Gates Chili has a school counselor. We work collaboratively to deliver an equitable social emotional learning curriculum for our students. We publish a counseling newsletter monthly to inform families of the counseling theme of the month and other important information. Our lessons are aligned to the NYS Social Emotional Learning Benchmarks and the American School Counseling Association Standards. Starting in September, our focus is on building relationships through Minute Meetings. We look forward to working with your family this year!

Your School Counselors,  
Katie, Cameron, Kelly & Krissy



### Minute Meetings

Every student will meet with a Student Support Team member during the fall for a minute meeting. The purpose of these meetings are to ensure that our students feel connected to our school community and can identify at least two safe adults in school.

### Stay In Touch :

GC Elementary School Counselors

Armstrong: Krissy Angie [kmangie@gateschili.org](mailto:kmangie@gateschili.org)

Brasser: Kelly Lagnese [klagnese@gateschili.org](mailto:klagnese@gateschili.org)

Disney: Katherine Picha [kpicha@gateschili.org](mailto:kpicha@gateschili.org)

Paul Road: Cameron Scharf [cpscharf@gateschili.org](mailto:cpscharf@gateschili.org)

### Counseling Topics This Year

Empathy

Mindfulness

Coping Skills

Growth Mindset

Personal Safety

Upstanders

Problem Solving

Career Exploration

### Questions to ask your child:

1. High, low, what do you know?
  - a. What was the highlight of the day?
  - b. What was the low point?
  - c. What did you learn?
2. Can you think of something kind you noticed today?
3. What was the coolest thing you learned today?
4. What is one thing you wish you could do over or do differently?
5. What made you laugh today?

