

Orchard Avenue Elementary School

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Dear Parents,

Hello, and welcome again to another school year! I am excited about this year and all the learning and growing that will take place with your children at Orchard Avenue. I am in my fourth year as counselor here and would like to take an opportunity to share a little about the counseling program at Orchard Avenue. The services I provide are as follows:

- 1) **Classroom presentations** - I visit each classroom at the beginning of the year to share information about myself and how to access services, as well as periodically throughout the year. I will provide lessons surrounding social and emotional skills, as well as support classroom teachers in teaching similar skills in their classrooms.
- 2) **Small groups** – Here is a list of the groups that are offered, but I will certainly create additional groups as the need arises:

Changing Family/Divorce group – This group is for students who have experienced a change in their family due to parental separation or divorce. Referrals are welcome from parents for this group.

Friendship group- This group is for students to develop age appropriate social skills to aid in their ability to make and sustain friendships. Referrals for this group can come from teachers and/or parents.

Girls Rock group– This group focuses on identifying roles girls play in friendship groups and cliques, as well as provides information about how to handle conflict while still maintaining friendships. Referrals for this group can come from parents or teachers.

Grief group- This group is for students who have recently lost a close family member or loved one. A therapist from Hope West will co-facilitate this group with me and can also provide additional outside support as needed. Parental referrals are welcome for this group.

- 3) **Individual visits with students** – Students can also request to see me individually by putting a note in my ‘counselor box’. This box is at the front office on the ledge under the window. I try to meet with students as soon as possible after they have put a note in my box. I will notify parents if the issue is serious enough to warrant notification, or if a child is seen more than a few times. I can also meet with students individually at the request of a parent or teacher. I also provide referral information to community counselors if a child/family needs on-going individual/family counseling.

Please feel free to contact me if you have further questions about the services I provide, or if you have concerns about your child. You may call me at 254-7560 x55164 or email me at meghan.ventling@d51schools.org.

I look forward to an amazing year!

Meghan Ventling
Orchard Avenue Counselor

