

CMP Counseling Newsletter

San Juan Campuses: American River, Carmichael, Orangevale

Counseling Staff: Elayne Gwynne, M.Sc., PPSC

Counseling Staff: Amy Taber, M.Ed

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Happy March ☺

It's been a wet winter, looking forward to a beautiful spring this year! Spring has long been a symbol of new beginnings, and much of our guidance this month is geared toward problem-solving and cultivating a growth mindset.

Peace and Positive Energy,

Ms. Elayne

March Guidance Lessons

6-9 Classes (1/2/3): Problem Solving (OR); Emotion Management (CAR)

9-12 Classes (4/5/6): Problem Solving (OR and AR); Growth Mindset and Career Development (AR); and Emotion Management (CAR)

Home Activities

Home/Family Links on the *Second Step* Website:

6-9:

[Strong Emotions Word Search](#)

[Emotion Management](#)

[Problem Solving](#)

9-12:

[Introducing Emotion Management](#)

[Managing Strong Feelings](#)

[Problem Solving Part 1](#)

[Problem Solving Part 2](#)

Creating New Beginnings with Safe Electronics Use

As our world rapidly changes and our use of technology increases, we recommend that families communicate and set technology guidelines to keep children safe and healthy. There are so many unmonitored places online for children to visit, and it is so important to find out what your children are doing online and have conversations about their use of technology. We have included some helpful links below to educate your children and start these conversations!

[American Psychological Association Digital Guidelines](#)

[Limiting Screen Time](#)

[Tips for Parents in the Digital Age](#)

[American Academy of Pediatrics Digital Guidelines](#)

How to Access Counseling Services at CMP

If you feel that your child needs to see a school counselor, the best way to access our services is to either contact the teacher or email a counselor directly. If your child wishes to see a school counselor, they should tell their teacher who will then contact a counselor through email or in person. Once counselors are aware of the need, they will arrange a time to meet with your child for a "check-in." Once the check-in has been completed, if the counselor, student, and teacher feel that regular sessions will benefit the student, then you will receive a consent form to sign for your child to receive regular sessions. If a student is in crisis, the counselors will attend to that student immediately, and then make you aware of the situation. Because our counseling program is still in the pilot phase of implementation, we can only provide service for *ongoing* sessions (individual or small group) to general education students (not on an IEP) at this time.