

STONEGATE ELEMENTARY COUNSELING NEWSLETTER



Meet the Counseling Team!

MS. JOANNE KIM/ELEMENTARY RESOURCE COUNSELORS (ERC)

Ms. Kim strives to create a counseling program that will cultivate a safe environment for children to experience the joy of learning, as well as feel empowered to succeed alongside peers and adults. She has a passion to help and serve children and their families by providing individual/group counseling with an emphasis on social-emotional learning, offering parent workshops, and connecting families to community resources. Ms. Kim is on campus Tuesdays-Fridays.

MRS. CYNTHIA PERKINS/ELEMENTARY GUIDANCE ASSISTANT (GA)

Mrs. Perkins visits classrooms to teach students about classroom skills for success, emotion management, and conflict resolution strategies. She is also available to work with small groups and individuals. She is on campus Mondays, Wednesdays, Thursdays, and Fridays.

CONTACT

Ms. Kim

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Mrs. Perkins

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Counseling Corner

Villa 7

Free Parent Workshop

Stonegate Elementary is excited to announce that we will be providing free parent workshops at **8:30 AM** once a month! The workshops will be presented by Western Youth Services.

This workshop will cover the different types of bullying that children go through, what role youths play in bullying, the effects and signs of bullying, and what you can do to help. This workshop is designed to equip you and your kids to stand up against bullying for a better future.



October

October Parent Workshop

Topic: Bullying Prevention & Intervention

Date: 10/10/18

Location: Library

Time: 8:30 AM

10 IDEAS FOR SELF-CARE

1. Take a walk and enjoy some fresh air
2. Connect with a friend
3. Make a healthy diet change
4. Have a family day in/out
5. Write in your journal
6. Listen to a podcast
7. Work-out in your living room
8. Eat a meal in silence
9. Read a book
10. Take some time to meditate or reflect

