



Dear Parent or Guardian of _____:

My name is Marie Atkinson-Smeins and I am the counselor for students in K-5 grade at Luverne Elementary School. During the school year, I provide opportunities for students to build school success through classroom guidance, small group counseling and individual counseling. These activities provide students with an opportunity to learn new skills, develop or strengthen self-confidence, build decision-making skills, and better understand how to handle the many challenges that life presents.

I am inviting your child to participate in a small-group experience with me. The focus of the group will be on building resiliency. Resiliency is the ability to bounce back from difficulties or successfully handle challenges. This group will focus on eight main areas: having a positive outlook, understanding and communicating feelings, being healthy, having and maintaining friends, feeling competent, handling stress, solving problems and setting goals.

Group counseling sessions will be one day a week for 30 minutes, and generally 5-8 students will participate. The schedule will be determined with the teacher to avoid academic interruption and I will send you an activities summary after the group's final meeting.

Please sign below and indicate your preference for your child's participation. No child will be included without permission of a parent/guardian.

I am looking forward to working with your child. Please feel free to contact me if you have any questions or concerns. My phone number is 507-283-4497 or email me at m.atkinson-smeins@isd2184.net

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Child's Name _____

Teacher: _____

Please circle one sentence below:

Yes, my child may participate in the Building Resiliency Group with Ms. Atkinson-Smeins.

No, my child may not participate in the Building Resiliency Group with Ms. Atkinson-Smeins.

Parent Signature: _____ Date: _____

Sincerely,

Ms. Atkinson-Smeins
Professional School Counselor
Luverne Elementary School