



# Counselor's Corner

Ms. Casey Ruhland, School Counselor

## Goal Setting

All students at Waubesa receive a lesson on Goal Setting during Lifeskills. We work on creating SMART goals for our future.

- ◆ S: Specific
- ◆ M: Measurable
- ◆ A: Attainable
- ◆ R: Realistic
- ◆ T: Time-bound

Please ask your child about his or her goals. Some may be short term, others might be long term.

## December Character Trait

**Generosity:** a willingness to give money, help, or time freely to others.



## Winter Attire

With the cold weather returning once again, we want to make sure that all our students are dressed appropriately for outside activities. All students should have a winter coat, snow pants, hat/headband, gloves/mittens, and snow boots. If your child is in need of one or more of these items, please do not hesitate to call me.

## Contact:

838-4500 ext. 5448

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## Services

- ☺ Individual Student Counseling
- ☺ Classroom Lessons
- ☺ Social-Emotional Groups
- ☺ Lunch Bunch

## Topics

- ☺ Anger Management
- ☺ Family Change
- ☺ Anxiety
- ☺ Friendship
- ☺ Grief
- ☺ Organization

## December Lifeskills Focus

3rd Grade: Emotion Management

4th Grade: Zones of Regulation

5th Grade: Empathy and Skills for Learning