



Counselor's Corner

Ms. Casey Ruhland, School Counselor

Hello! My name is Ms. Ruhland and I am the school counselor at Waubesa. September has come and gone, and I am excited to see what the rest of the school year has to bring!

Contact:

838-4500 ext. 5448

RuhlanC@mcfds.org

msruhlandschoolcounselor.weebly.com

Services

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

Topics

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

October Character Trait

Kindness: the quality or state of being kind; a kind act towards another person.



Parent Referrals

As students settle into the routine of their classrooms, you may notice your child needs extra support. If you have any questions or concerns, please do not hesitate to contact your child's homeroom teacher and/or myself. We strive to work together to provide the best educational experience for our students.

October Lifeskills Focus:

**3rd Grade: Kelso's Choices:
Conflict Resolution**

**4th Grade: Conflict and
Bullying Behavior**

**5th Grade: Conflict, Bullying,
Ally Responsibility**