



September, 2013

Dear Parent or Guardian:

The 2013-14 school year has sailed off to a great start here at Bay Harbor! Students are getting to know their classmates and learning their daily routines as well as enjoying special classes including gym, art and music. Your child also has a special class taught by the School Counselor entitled Life Skills.

The Bay Harbor School Counseling programs offer students opportunities to learn more about themselves, others, and the world around them. As the School Counselor, I provide opportunities to all students by using age appropriate activities in the classroom, small groups, and individual meetings. Each classroom at Bay Harbor is visited by a School Counselor 15 times during the year. In my 30 minute class, I focus on student learning, relationship-building skills, and healthy choices.

I also facilitate small groups throughout the school year. Students are referred by teachers to participate in weekly sessions with a small group of students led by the Counselor. These groups last 5-6 weeks and offer a positive and nurturing small group environment to connect with peers.

The third component of the School Counseling program is individual meetings with students. Due to Bay Harbor's enrollment size, individual meetings with the Counselor are offered to students on *a limited basis*. The School Counselor provides educational and emotional support, not therapy. If you think your child would benefit from therapy, please contact me or Cathy Yurk. We can help direct you to appropriate community resources. Students can also request a meeting with the counselor if they have concerns they would like to talk about. Confidentiality is respected for student meetings. *A parent phone call will not necessarily be made each time I meet with a student.* I will contact you if I need to communicate concerns or other important information.

I will be at Bay Harbor on Tuesdays, Wednesdays, and Fridays, and I work primarily with 2<sup>nd</sup> through 4th graders. Cathy Yurk will be available at Bay Harbor on Monday and Thursday afternoons and will work primarily with Kindergarten and 1<sup>st</sup> grade students.

My hope is to make a positive, caring connection with the students at Bay Harbor. If you have any questions please call or email me. Periodically, you will receive information on what we are learning in Life Skills class as well as ways you can reinforce the concepts I teach. I look forward to getting to know your child as they grow and learn at Bay Harbor.



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