



Dear Grizzly Parents and Guardians,

Hello! I would like to take a moment to introduce myself as the School Counselor for St. Gabriel School. This is my third year here at St. Gabriel, and I am honored and excited to have the privilege of working with your children again this year. My role as a school counselor is to help support the social and emotional needs of all of our students, so they can succeed both inside and outside the classroom.

Counseling services within a school setting include individual and small group counseling, peer mediation, and psycho-educational classroom guidance lessons on topics such as feelings, emotion regulation, peer relationships, and bullying. Many of these activities will focus on helping students learn healthy coping skills, positive social skills, and confidence in handling problems and conflicts.

Individual counseling sessions typically meet once a week for 30 minutes at a time arranged with the student's teacher. These sessions are usually short term (6-8 weeks) and solution-focused in nature, but may meet beyond 8 weeks based on student needs. Your child may be referred for individual counseling from a teacher, staff member, or from you as a parent/guardian. Common topics for individual counseling include anxiety and stress management, emotion regulation, impulse control, grief and loss, self-esteem, social skills, and changing family situations such as adoption or parent separation/divorce.

I will also be offering "Lunch Bunch" social groups that will meet once a week for six weeks during lunch throughout the winter and spring. These small groups are a great way for students to meet new friends, learn and practice social skills, build empathy, and talk with friends in a quiet setting. Lunch Bunch students may also invite a friend as a guest on occasion. There will be a separate communication sent out to families before the lunch groups begin.

A permission slip for all recurring individual and group counseling will need to be signed by the student's parent or guardian and returned to the main office before counseling sessions begin each school year. Permission forms will be sent home after an initial referral is made. If I have seen your child in the past, and you would like me to continue working with him/her, please contact your child's teacher or myself. And of course, students are always welcome to request to see me with any concerns that may arise on an as needed basis. Please feel free to contact me if you have any questions or would like me to meet with your child. I look forward to getting to know all of our new students and families as well. Here's to a great year!

Sincerely,

Margaret Knobloch
School Counselor

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