



Sarah Skemp, School Counselor

It's a new year!

It was an absolute joy to see the faces of our new and returning students at the beginning of the year. Range of emotions were among our students and parents: excited to chilled; scared to sad. As the days progressed, everyone became familiar with the routine of our school day, making it less stressful for all.

During August, I visited all the classrooms to ensure students know who I am and what I do. Mrs. Potatohead helped me introduce the role of a school counselor to the Kindergarteners. Each kindergartener received a Meet the School Counselor (coloring) sheet to share with the adults in the home. First and second graders reviewed the role-via a true/false quiz, and as well as Zones (blue, green, yellow, red) of Regulation. Each first or second grader received a calm strip, a tool to help self-regulate (focus) and get back to learning. The calm strip was adhered to the student's pencil box, easily available while in the classroom.

Please remember I am available to students and families to help make everyone's school experience a positive one. I can be reached at skemp.sarah@thatcherud.org or 928-348-7245.