



**Mrs. Kesitilwe**  
**Counselor Newsletter**  
**August 2022**

**WELCOME TO 2022-2023  
 SCHOOL YEAR**

**Dates to Remember**

**EARLY RELEASE**

**Thursdays @1:00PM**

I am excited being a part of the Jamaica Team for the 2022-2023 school year; to work with students, parents and community members of Jamaica. I will be doing Social and Emotional Learning lessons in the classrooms using The Toolbox Curriculum and students will learn 12 tools that will help them manage emotions and get along with others. These are the tools that reside inside of us and help us develop strong social and emotional skills and meaningful, satisfying relationships. Over the coming weeks and months, your child will learn about the 12 Tools through wonderful stories and literature, fun projects, role-plays, class discussions, and through Home Connection Activities to share at home with you and your family.

Individual counseling is also available to students to address your child's needs, concerns and other barriers to learning (e.g. anxiety, difficulty with peers, family change etc.). These sessions are conducted one-on-one or in a group setting with the school counselor once a week and they are short term in nature, permission slips must be signed by parent/guardian. Individual session referrals can be made through the request of a student, parent, or teacher. Parents, please contact the school if you would like to make a referral.



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