



Dear Parents/Guardians:

The counseling program at Meadowbrook Elementary School is designed to be preventative and developmental. In addition to working with students in the classroom setting, skills and information are also taught in small groups. Small groups are designed to support students through many phases of growth and change during their elementary school years. They help develop the skills and coping strategies needed to be successful in the school environment. Targeted skills may be in areas such as friendship, communication, and social skills. Small groups meet for approximately 20-30 minutes once a week for 6 weeks during lunch. Students usually enjoy interacting with their peers in a small group setting and are comforted by discovering that other children are navigating the challenges of growing up as well.

Parent permission is required for student participation in a small group. If you would like your child to participate in a small group targeting the above skills, please complete the form below and return it to me by April 8, 2024. Once I have all the participants, I will send home a schedule of the dates for the group. I will be picking them up during lunch so there is no need for them to remember to come to me. Please do not hesitate to contact me at (201) 383-3143 or via email at ddefalco@hillsdaleschools.com if you have any questions about small group opportunities for your child.

Sincerely,

Deanna Nelsen-DeFalco

School Counselor

Lunch Bunch

Please complete and return this form to your Mrs. Nelsen-DeFalco.

____ Yes, I would like my child _____ to participate.

Teacher _____

Grade _____

Parent/Guardian Signature: _____

Date: _____