

Dear Parent or Guardian:

September 2014

My name is Alicia Moore and I am your child's school counselor. The counseling and guidance program is a proactive program designed to meet the social and emotional needs of the students at North Bend Elementary School. As part of the program, I conduct social skill lessons at each grade level in every classroom. Some topics covered are personal safety, empathy skill training, conflict resolution, anger management, friendship skills, social skills and anti-bullying.

The guidance and counseling program also consists of small group counseling, individual counseling, peer mediation, and the leadership program. The leadership program is a school wide program designed to promote a positive school culture. To help with this effort, we are focusing on Panther Pride this year. We are teaching kids to take pride in their school experience by following four expectations of North Bend Elementary; **respect self, respect others, respect property and respect learning**. Students can earn panther pride tickets when staff members observe them following these expectations during any time of the school year. At the end of each month I will pick 10 tickets as winners. One student will have lunch Mr. Frazier, our principal, and the other 9 students will pick from my treasure box. We have set a school wide goal of earning 1000 tickets. When we reach this goal, we will have a school wide ice cream party. We look forward to new goals and prizes as our school year continues! In the meantime, enjoy talking to your children about what it means to respect themselves, others, property and learning. We hope to see all students practicing these values throughout the year.

I would like to inform you that personal safety lessons are a part of the kindergarten –fourth grade curriculum. This involves going over the differences between a good and bad touches and what to do if you ever receive a bad touch. Specifically, kids are taught that bad touches include:

- 1). Someone physically hurting you (Punch, hit, kick, etc.)
- 2). Someone touching you in the private body parts for no reason other than they want to touch your private body parts. I also explain private body parts are those parts of your body that are covered by your bathing suit. Exceptions to the rule are when parents, doctors, or someone you trust is helping you with something. Examples are : Mom or dad helping with bathing, aunt helping you get into a car, doctor checking your body, etc.

Kids are taught to follow these steps if they receive a bad touch:

- 1) Say, "No. I don't like that."
- 2) Get away from the person.
- 3) Tell a grown up like mom, dad or teacher.

Please feel free to call me at 831-8379 or email me at [mooread@svsd410.org](mailto:mooread@svsd410.org) if you have any questions or concerns.

Sincerely,

Alicia Moore  
NBE School Counselor