

DOSS COUNSELING

august/september newsletter

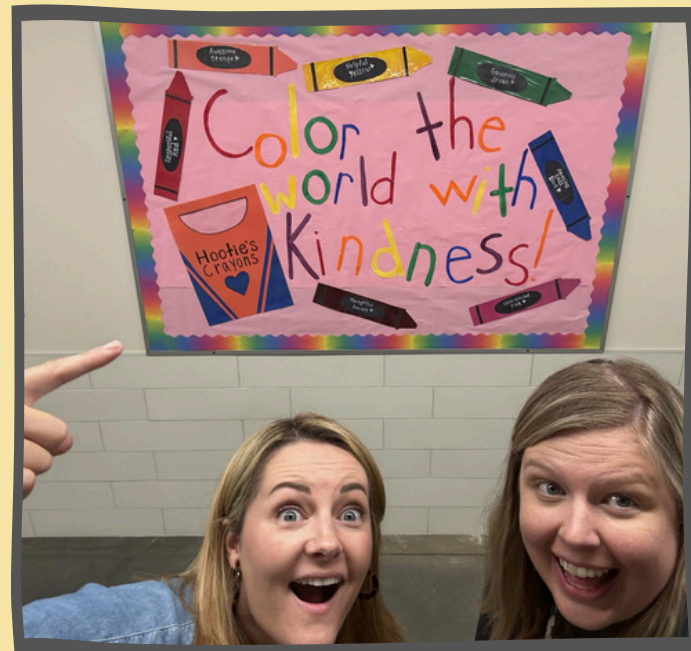
BACK TO SCHOOL

Welcome to the new school year at Doss!

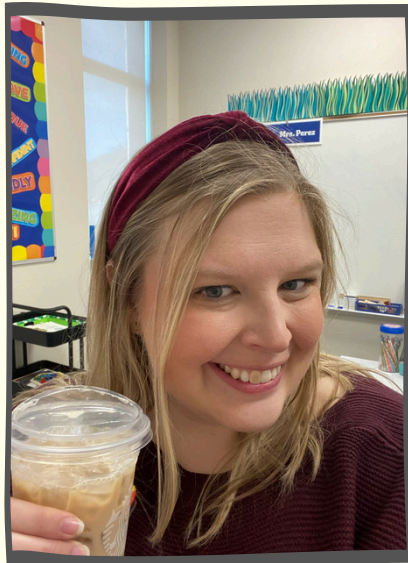
We hope you enjoyed meeting our teachers at Back-to-School night. You can catch us at this week's Principal Parent Coffee to answer any of your questions about the Gifted and Talented referral process.

Our kindness theme this year is "Color the World with Kindness." Many staff wear their kindness shirts on Tuesdays. Our campus highly values kindness and we will be hosting a Kindness Week in November with activities for students to participate in.

During the last few weeks of August, we have been busy helping new students transition to our campus, helping new PK and kinder students transition to school life, we've been dropping in and saying hello to each classroom and distributing a sticker with our faces on it! During this first week of September we have hosted new student meetings and started our classroom lessons.



A LITTLE ABOUT US



Mrs. Wilkinson serves students in PK through 2nd grade. This is her first year as a Doss Owl. Her goldendoodle, Circe, is named after one of her favorite books by Madeline Miller.

Mrs. Perez serves students in 3rd through 5th grade. This is her sixth year as a Doss counselor. She comes from a line of educators- both her mother and grandmother were teachers.



FOR THE ANXIOUS STUDENT

If your student is still feeling anxious after the first few weeks of school, we highly recommend one of our favorite interactive smartphone apps. Breathe, Think, Do with Sesame coaches students through emotional regulation and teaches problem solving skills. This app is available for [Apple](#) and [Droid](#) users.

CHILDREN'S BOOK RECOMMENDATIONS

- Ish by Peter H. Reynolds
- The Way I Feel by Jana Cain
- Una Ves Tuve Mucho Mucho Miedo by Chandra Ghosh Ippen
- The Big Umbrella by Amy June Bates
- I Walk With Vanessa by Kerascoet
- The Invisible Boy by Trudy Ludwig