



School District of Manawa

Students Choosing to Excel, Realizing Their Strengths

Dear Parents and Guardians,

I am looking forward to reconnecting with or meeting your child and to hear all about their summer adventures!

Some people like football, others are passionate about reading, but what I find fascinating is talking to, connecting with, and helping children. I would like the students here to think of my office as a warm and friendly place, where they are always welcome. My office is also a safe haven – a place where they can get help if they feel confused, worried or overwhelmed.

MES is a great school, but that doesn't mean that our students won't face challenges while they are here. I would like your children to know that they have an friend, and that there is always an adult who will listen to them.

As a School Counselor, ***my primary responsibility is to promote the academic, personal, and social development of all students.*** I look forward to offering support to the students, staff, families and community.

Services Provided

As the School Counselor, I have the privilege to work with every single student in the school. I plan on working with students at the classroom level, small group level, as well as at the short-term individual counseling level. I will also be meeting with parents, collaborating with teachers/staff, and consulting with community organizations to benefit and meet the needs of all MES students.

CLASSROOM GUIDANCE LESSONS: These lessons will be presented in the classroom for students in grades 4K-5. Lessons will teach developmentally appropriate, preventative lessons to all children.

GROUP COUNSELING: Group counseling is provided for small groups of students experiencing similar concerns. These may include making and keeping friends, anger management, coping with loss, getting organized/study skills and/or part of a behavior plan. The groups generally range from 4 to 6 students and last for 6 sessions. The students for these groups can be recommended by parents/guardians or by staff members.

INDIVIDUAL COUNSELING: Short term one-on-one counseling support is available to all students in grades 4K to 5. If a referral is needed to outside services, I would be happy to help. Students may self-refer or be referred to the counselor by teachers/staff and/or parents. **Confidentiality is respected.**

CONSULTATIONS: I am available to have meetings with teachers, administrators and/or parents to discuss the needs of individual students. I am here for **all students** and want to ensure that your child has a productive and positive school year. If I can support your child, please don't hesitate to contact me.

****Confidentiality****

Please note that all information discussed is confidential between me and your child, unless they are planning on hurting themselves, hurting someone else or someone is hurting them.

Please feel free to call me, or stop in so that we can meet face to face. I can be reached by email at lujzdowski@manawaschools.org or by phone at (920) 596-5700.

I am looking forward to a successful school year. Have an enjoyable summer.

Sincerely,

Ms. U 😊