Hornsby Elementary School

School Counseling

Menu of Group Counseling Services

![C:\Documents and Settings\MRex\Local Settings\Temporary Internet Files\Content.IE5\M9L2XP97\MC900013024[1].wmf]()

Your chef will allow substitutions and custom orders.

 Appetizers

 1 lesson (30 minutes)

* Stress Busters (Test Anxiety)
* Making the Grade (Study Skills)
* Students of Character (4th and 5th grade only)

![C:\Documents and Settings\MRex\Local Settings\Temporary Internet Files\Content.IE5\11H18DYI\MC900434969[1].wmf]()

 Main Courses

 3 lessons (30 minutes)  1 per week

* Super School (Positive School Behaviors/Social)
* Circle of Friends (Making and Keeping Friends)
* Extreme Self-Esteem (Self-Esteem)
* Sticks and Stones (Bullying)
* Follow the Leader (Following Directions)
* ![C:\Documents and Settings\MRex\Local Settings\Temporary Internet Files\Content.IE5\U7N0A6ID\MC900383016[1].wmf]() Superhero Success (Managing Life’s Challenges at School)

 Desserts

 1 lesson (1 hour)

* Be the Change (Bullying/Friendship)
* Smooth Moves (Managing Changes—i.e., friends, family, school)
* Road to Success (Career Preparation / Discussion of Individual Strengths)

 ![C:\Documents and Settings\MRex\Local Settings\Temporary Internet Files\Content.IE5\7EVJBSX3\MC900433868[1].png]() **I would like a custom order**:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Name and type of group)

Lessons available K-5 (modified for each grade)

Ordering in 3 simple steps!!!

Step 1:

Choose your topic (appetizer, main course, or dessert). Indicate the number of students for each group. I will provide a form for the list of names.

Step 2:

Give your menu back to Mrs. Ellison. She will contact you about scheduling your group(s) lessons(s).

![C:\Documents and Settings\MRex\Local Settings\Temporary Internet Files\Content.IE5\11H18DYI\MC900232518[1].wmf]()

Step 3:

Enjoy your school counseling “meal”!