



School Counseling

Fall 2017

Dear GCE Family,

Welcome back from the School Counseling Department - the start of another great year is right ahead of us! It is the second year of the revitalization of our elementary school counseling program. I'm really looking forward to continuing to build on the foundation we began last year. It has been a pleasure getting to know students and many families – I look forward to getting to know even more of you this year. Our school counseling program supports our district's mission to provide the highest quality educational experience so all students can be lifelong learners, socially proficient and productive members of society.

A comprehensive school counseling program provides education and support to ALL students. Last year, Kindergarten through 5th Grade students spent time every other week in classroom lessons learning about social/emotional and academic topics that impact their daily functioning and success. Classroom lessons will continue this year as well.

Small group counseling opportunities will also be offered throughout the school year as time permits. Small groups offer students additional education and practice in classroom topics within a setting of just a few other students. Group topics are determined by need and can vary, but typical group topics often include: New students, grief/loss, changing family (divorce/separation), friendship. All students have the potential to be included in a group opportunity at some point. Group participation is based on administrator, staff and/or parent referral. If you do not want your student involved in small group counseling, please contact me.

Individual counseling is offered as needed for students. Students may contact me to set up a time to talk; administration, staff and/or parents may refer a student also. Individual counseling in a school setting is short-term and solution-focused. Long-term, intensive counseling would not be appropriate in a school setting. If your family is in need of such services, please contact me for information on area counseling agencies.

Confidentiality is a crucial aspect of a counseling relationship. Information a student discusses should not be shared unless there is cause to believe that student, another person(s) is in danger or if the student gives permission. That said, families and school staff are important support to students and will be included as much as possible in the resolution of student needs. Students are always encouraged to share information with the important people in their lives.

Thank you for your partnership in helping your student be successful in school! If you have any questions about the GCE School Counseling Program, or anything else pertaining to your student as the year begins, please do not hesitate to contact me. Although my work schedule includes only being in the building Tuesdays and Thursdays, I will be available for correspondence and returning communications throughout the week.

Sincerely,

Paula Gretzlock, M.S.
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