

Dear Parents and Guardians,

I hope that your break was busy and relaxing all in one. I know it is really hard to get back in the swing of things. I see kids thriving in structure, and responding to having a routine, and yet it is somewhat of a sticky process to get there. I applaud all of you for the work and care that you put in to making that successful for your children.

My plan for January is to really focus on small groups. Children love to learn new skills in small groups. It provides a safe environment to learn and grow, and to be able to discuss things with other children that they would not otherwise have the space and time to do so. This is a critical part of their development, and one that is often overlooked. There is so much literature revolving around the healing process that happens when you are part of a group that has went through the same thing.

I would like you to know that I have worked extensively with families of divorce, and also with grief. Both are a type of loss, and children can comfort each other in ways that we are not always open to as adults. Children tend to be so honest in the their perception of the world. If you or someone you know at Christ the King could benefit from a divorce or loss group, please contact me, and I can answer any questions that you may have.

I will also be teaching an impulse control group and friendship group. I will conduct the groups in a respectful way that will provide privacy and not embarrass or put your student on the spot. If you have any questions or reservations please contact me, and I will be available for whatever concerns you may have.

Sincerely,
Selena Borne
School Counselor
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