



Old Saybrook High School

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Old Saybrook, CT 06475

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August 2015

Dear Parents & Guardians,

Greetings from the Guidance Department at Old Saybrook High School! We trust this letter finds you and your family well, as the 2015-2016 academic year is upon us. We look forward to continuing to support students' overall well being, as well as foster their success both in and outside of the academic classroom.

Consistent with previous years, our Department will continue to provide a series of counseling groups to help students develop appropriate skills and strategies to cope with the range of challenges typically associated with adolescence.

The topics of these counseling groups include, but are not limited to, stress management, effective communication, emotional regulation, self-advocacy, and social skills. The groups will be lead by staff within our Department. Please know we will do our best to include all students in these counseling groups. However, group size and schedule constraints may inhibit your child's participation.

If you are interested in having your child participate in these counseling opportunities, please complete the attached consent form and return to Debby Dwyer, Administrative Assistant, by Friday, September 4th.

If you have any questions, as always, please do not hesitate to contact us directly. In addition to email (district format is @oldsaybrookschools.org), our phone extensions are provided for your convenience. Many thanks for your time, support and collaboration!

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2015- 2016 Group Counseling Informed Consent

I, _____, give consent I do not give consent for my child,
(Name of Parent/Guardian)

_____, in grade _____, to participate in group counseling sessions.
(Name of Child/Student)

I believe that my child would benefit from support in the following areas:

Stress Management Communication Emotional Regulation Self Advocacy Social Skills

_____ (To the left, kindly list other topics you recommend be provided to students.)

Signature of Parent/Guardian

Email Address

Home &/or Cell Number

Date Signed