



Opportunities from the Counseling Center

My name is Rhonda Nelson and I am the school counselor at Rose Hill Elementary. This handout will describe some of the programs I will be offering at various times throughout the school year. I will be at Rose Hill on a full time basis. my schedule is 8:00-3:30 Monday-Friday, and I can be reached at 425-822-9578.

Classroom Presentations

I will be teaching in as many classrooms as possible throughout the year. The classroom teachers and I plan a program that will integrate into their grade level curriculum, and will help increase each student's success in school. Teaching in the classrooms allows us to implement a school-wide program in conflict resolution. Some examples of classroom programs are:

- Increasing Peaceful Behaviors & Conflict Resolution Skills
- Study Skills
- Understanding Feelings and Anger Management
- Building Self-Esteem
- Friendship Skills
- Steps to Respect

Parent Education and Community Resources

There are a number of excellent parenting programs offered throughout the school year within the Lake Washington School District as well as in our community. I will keep you informed of classes so you have the opportunity to participate if you are interested.

I also know of many resources in the community and I can help connect you with these resources. I have information about after-school programs, counselors, psychologists, parenting information and community activities that may be of assistance to you. Please call me if you would like help in finding resources, or contact me if you have any questions. I also offer small counseling groups here at school on topics listed above or other topics as needed. I look forward to working with students and parents at Rose Hill Elementary this school year.

Rhonda Nelson, Elementary School Counselor

