

# Middle School "Lunch and Learn" Series!

Dear Middle School Students and Parents:

I am very excited to announce a new program for the Middle School Students! The **Lunch and Learn Workshops** are designed to help them learn more about a particular issue and support one another through similar situations. These workshops will be a wonderful opportunity for students to share experiences, employ problem solving skills and learning coping techniques. The workshops will run for two weeks at a time. We will meet *during lunch* on Tuesdays and Thursdays, for a total of four sessions. We will use games, activities, and group discussions to learn new skills like stress management or organizational skills. Please see a description of the topics listed below. If you would like to participate in one of these workshops, please complete the sign-up form and return it to Ms. Mertens by **Thursday, March 11**.

## Lunch and Learn Workshops

- 1. Building Resilience and Managing Stress:** Students will learn stress management techniques like using time management and relaxation techniques
- 2. Life Skills for Girls:** Girls will explore ways to develop a positive body image, positive interpersonal skills and peer refusal strategies.
- 3. Strategies for Academic Success:** Students will learn ways to manage their time, organize their work and prepare for tests.
- 4. High School Planning (for 8<sup>th</sup> graders only):** Students will learn about varied aspects of high school: extracurricular activities, elective courses, and sports. We will also explore how to make appropriate choices, develop and maintain healthy relationships and goal setting strategies.

**Yes! I give permission for my child to participate in the "Lunch and Learn" Workshop(s). I understand that I can contact the counselor regarding the progress of my child at any time.**

\_\_\_\_\_ **Building Resilience and Managing Stress**  
\_\_\_\_\_ **Life Skills for Girls**

\_\_\_\_\_ **Strategies for Academic Success**  
\_\_\_\_\_ **High School Planning**

\_\_\_\_\_  
Child

\_\_\_\_\_  
Class

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number and/or Email

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## Group Counseling Sign-Up Form

**Please return by THURSDAY, MARCH 11**

Please sign up for ONE group per child. Thank you!

*Yes! I would like my child to participate in the following groups:*

**1<sup>st</sup> and 2<sup>nd</sup> Grade: Cool Heads**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class

**3<sup>rd</sup> and 4<sup>th</sup> Grade: Cool Heads**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class

**5<sup>th</sup> Grade: Communicate Straight**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class

**1<sup>st</sup> and 2<sup>nd</sup> Grade: Storytelling Stars**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class

**3<sup>rd</sup> and 4<sup>th</sup> Grade: Look Before you Leap**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class

**5<sup>th</sup> Grade: Opening Doors to the Future**

\_\_\_\_\_  
Child's Name/Class

\_\_\_\_\_  
Child's Name/Class