Dear Parents/Guardians:

We are pleased to announce the continuation of Allamuchy Township School’s “Friends in a Flash” social skills group. “Friends in a Flash” meets in the counseling office once a week (for approximately 15-20 minutes) and consists of up to six students and virtually through Google Meets. All students in the grade are included and meet on a rotating basis based on a time in the schedule developed by the classroom teacher and the school counselor.

This group is designed to heighten awareness in social skill building and social/emotional learning. Research has shown that instruction in pro-social skills can help students learn self control, self discipline and self esteem. It can also encourage problem solving, sensitivity, kindness, and tolerance.

While we will use many resources inside the group setting, our main resource is a social skills curriculum titled: *Connecting with Others: Lessons for Teaching Social and Emotional Competence*.

**Skill Areas:**

* Concept of Self and Others
* Socialization
* Problem Solving
* Communication
* Sharing
* Empathy and Caring
* Mindfulness

 Read the attached parental newsletter for more information.

Please do not hesitate to contact me if you have any questions.

Julie Profito

Julie Profito

School Counselor

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