

Centennial School Counseling Newsletter

**WELCOME BACK
TO SCHOOL**

Welcome back Centennial Rams!!! I can't even put into words how wonderful it has been to have the school full of students again! I'm Mrs. Johannesen, and I'm the school counselor at Centennial. I'd like to introduce myself and share about the counseling program at our school.

I am here to support ALL of the students at Centennial in 3 different areas:

- Academic achievement - to help students reach their academic potential
- Social and Emotional skills development and support
- College and career readiness

The counseling program provides classroom counseling lessons to help all students develop skills in all 3 of these areas. I also provide short-term small group and individual counseling for students that need additional support learning skills for academic success, emotional regulation, healthy coping and conflict resolution skills, and provide emotional support when students experience difficult events in their lives.



Centennial
Counseling
Program website

One thing I want to be sure parents and guardians know about is that Centennial has a WEBSITE for the school counseling program! Check out all of the services available to student and see some of the fun activities we've done at school. There is a page of parent resources with information about all kinds of topics from bullying, parenting, and academics, to local community resources. There is also a student resources page with mindfulness videos if students want to practice their mindfulness skills at home. The website can be found at www.centennialramscounseling.weebly.com

Things are definitely different this year due to health and safety procedures because of Covid-19. All of these changes and uncertainties can create increased feelings of anxiety and stress for both parents and kids. I will be working with all students on learning healthy coping strategies and practicing mindfulness as part of classroom counseling lessons this school year.

The most important part of my job is to support students to feel and do their best at school. Please do not hesitate to reach out to me if you have any concerns about your student(s). This year I am so excited that I will be at Centennial full time! You can call me at 748-3555 or email me at ajohannesen@lewistonschools.net

Here's to an amazing and FUN year of learning!

Mrs. Johannesen (aka "Mrs. J") ☺

