August 2019

Dear Fisk Families,

I would like to take the opportunity to say hello and welcome you to the 2019-2020 school year at Fisk! I am Greta Gauthier, Fisk’s School Counselor. I am a parent of three children ages 10, 13 and 15, so I understand the demands and joys you experience as a parent every day! I love my position at Fisk because it varies day to day, but always consists of embracing the relationships I have developed with you and your child! While my role is multifaceted, it involves three overall areas of service: guidance curriculum, counseling, consultation.

**Guidance Curriculum:** Social and emotional learning standards, character education, safety, and career education are the focus of my teaching in each classroom. This year, our school’s character traits include cooperation, curiosity, creativity, compassion and courtesy. I will teach lessons around these traits, along with other topics or themes, in response to classroom needs and to foster student growth. Additionally, I will continue to promote the understanding of the *Zones of Regulation*, a conceptual framework used to teach students self-regulation and self-control. Feelings and emotional states (levels of alertness) are categorized into four zones accordingly:

- **Blue Zone** ("Rest Area"): Sad, Tired, Sick, Bored..."Low Energy" Feelings
- **Green Zone** ("GO"): Happy, Calm, Focused, Content, Ready to Learn
- **Yellow Zone** ("Slow"): Anxiety, Nervousness, Frustration, Excitement, Silliness
- **Red Zone** ("Stop"): Anger, Rage, Elation..."Out of Control" Feelings

Through this framework, students are taught how to recognize and manage their feelings/zone based on the expectations of their environment. For instance, it is expected that students will be in the yellow zone outside at recess but that same level of excitement or silliness would not be expected in the classroom. It is important to note that there is no "bad" zone....we all have feelings and we all experience each of the zones. This curriculum
week. She will learn all aspects of the position of a school counselor. I am looking forward to our work together as Kelsey learns and practices the skills and knowledge needed to be a school counselor.

My focus is always on the personal success of your child. Your child is my student for their entire elementary school journey. I feel so privileged to be a part of your child’s school experience. Please let me know if you have any questions or concerns about anything I have outlined. I feel incredibly lucky to work with amazing students and staff and to be a part of this special school community.

Sincerely,

Greta Gauthier
603-893-7051 ext. 6239
greta.gauthier@sau57.org