



September 2021 Newsletter

Hello Meadowbrook Families,

For those of you who do not know me, I am the School Psychologist here at Meadowbrook School. This is my fourth year at Meadowbrook. I continue to be at Meadowbrook every day and you can reach me by email (cgagan@waukesha.k12.wi.us) or at 262-970-4101. I will continue to work with students and families and may be involved in testing or evaluations. I will also be in the kindergarten classrooms weekly to discuss SEL topics.

Carrie Gahan
School Psychologist

I also have a School Psychology Practicum student that will be joining us at Meadowbrook this year. She would also like to share some information with you.

Hi Everyone,

My name is Remi Larson and I am Mrs. Gahan's practicum student for the 2021-2022 school year. I am in my second year of graduate school at the University Wisconsin-Whitewater in the School Psychology Program. I will be at Meadowbrook every Tuesday and Thursday for the half of the school year and I may transition into a middle school or high school for one day a week during the second half of the school year. As of now, I am shadowing Mrs. Gahan throughout the day. However, as the school year progresses, I will be co-leading/leading various small groups and helping Mrs. Gahan discuss SEL topics with kindergarten classrooms. If you have any questions for me, you can reach me by email at rlarson@waukesha.k12.wi.us.

One fun fact about me is I love watching movies! One of my favorite movies as a child was Finding Nemo. Also, to the right I have included a picture of me on my first day of graduate school last year. I am super excited to be a part of the Meadowbrook community and start getting to know/working with some of your children! :)



SEL Resources

SEL stands for Social and Emotional Learning. This year I will be in the Kindergarten classroom once a week to talk about Social-emotional learning. We will begin the year with the We Thinker Curriculum. Current first and second grade students have already been introduced to the We Thinker Curriculum. Below you will see a link to the concepts that are taught and the first book's parent letter. Please reach out if you have questions.

[We Thinkers Lessons](#)
[Thoughts and Feelings Book 1](#)

Tips for Coping with Anxiety and Stress

With the start of the school year and MAP testing approaching quickly, students may be experiencing a varying level of stress and anxiety. Having students learn effective coping strategies and self-soothing techniques can be beneficial in managing their stress and/or anxiety. Here a list of a variety of coping strategies which may be effective in managing stress and anxiety when it arises:

Deep Breathing	Talking to a peer or an adult	Other Activities (e.g., playing a game)	Self Affirmations (e.g. "I got this" or "I can do this")
Tensing and Relaxing Major Muscle Groups	Calming Activities (e.g., listening to music or drawing)	5 Senses Grounding Activities	Yoga

MAP

- MAP testing will be happening from September 20st through October 8th. MAP tests are administered in the Fall, Winter and Spring.
- Make sure you look for information from your teachers regarding when your children will be taking the test.

Christmas Clearing Council

Christmas Clearing Council is an organization that helps families in need with Christmas gifts for their children at Christmas time. They do have criteria that must be met to be eligible and other information and that can be found on the link below.

Registration for Christmas Clearing Council is found below. I will not be providing these forms to families and they will all be online. You can access them through the following link;

[Christmas Clearing Council Form](#)

The form must be completed by November 15th at 11:59 pm, but the sooner they can be completed the better. They are taking online applications through November 16th. If there is a change to the form, also be sure to let them know. If you have qualified for this in the last 2 years and your information is the same, you will continue to be eligible. Please let me know if you have any questions or you may also email sarah.hein@christmasclearingcouncil.org.