

WELCOME

Meet the counselor

AES

MS. KRAEMER, MS, SAC



There is no one better to be than myself

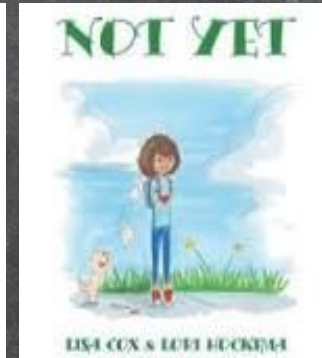
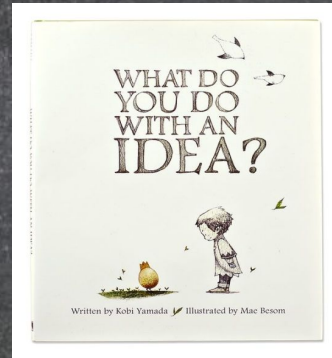
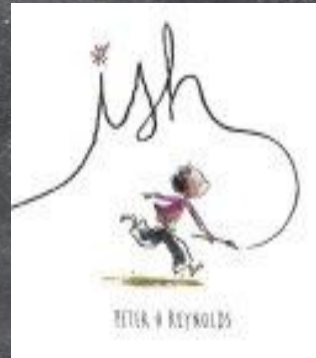
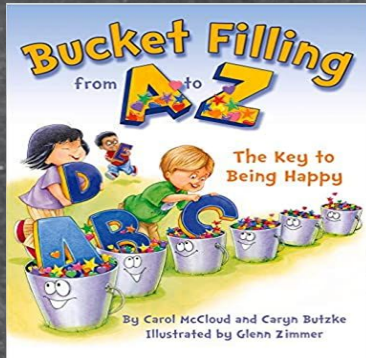
Here at AES we have whole classroom SEL (Social Emotional Learning) lessons on topics including:

- Recognizing and expressing your feelings
- Developing a *growth mindset*
- Mindful thinking
- Showing and recognizing kindness
- Gratitude
- Strategies to self-regulate
- Coping/calming skills

North Middlesex endorses the MARC (Massachusetts Aggression Reduction Center) Program to discuss **BULLYING** and **CYBERBULLYING**

Students in all grades learn vocabulary associated with bully behaviors. Students also learn vocabulary associated with non-bully and friendship/kindness behaviors.

Books we like a AES to learn about Growth Mindset



AES believes *Kids Do Well If They Can* and uses a collaborative and proactive approach to solving problems where students are active participants in the discussion, building skills of:

- Expressing feelings
- Listening
- Perspective taking
- Self-regulating
- Brainstorming solutions
- Evaluating strategies
- Flexible thinking

Community and Mental Health Resources are posted on the AES website. For individualized help for your child please contact your child's teacher, administration or the school counselor directly.

North Middlesex contracts with a referral service called ***INTERFACE*** (William James College)

<https://interface.williamjames.edu> or 888-244-6843

Interface helps parents locate a counseling provider in the area based on the student/family needs. Please contact the school counselor for more information.

MS. KRAEMER

Let's make 2021/22 great together!

Contact information:

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