Dear Parent/Guardian:

My name is Marissa Rex and I am the school counselor at Hiawatha Elementary School. My job is to help ALL of our students succeed both academically and interpersonally.

To do this, I will often work with small groups of students. The Stress Busters group, which is now offered to students in second grade, is designed to help students practice strategies for dealing with school stress and test anxiety.

This group will encourage Star Students like yours to be role models for others and to set a standard of excellence in his/her classroom. It will also help students improve their confidence with school work.

If you have any questions about this group work, please do not hesitate to contact me by email (mrex@wls4kids.org) or phone (419-473-8266).

I cannot wait to start this small group!

Sincerely,

Mrs. Rex
School Counselor
STRESS BUSTERS

PERMISSION SLIP

PLEASE RETURN TO MRS. REX BY FRIDAY, OCTOBER 21\textsuperscript{ST}

______________________________________ (Student Name) is:

☐ given permission to participate in the \textbf{Stress Busters} small group.

☐ \textit{NOT} given permission to participate in the \textbf{Stress Busters} small group.

__________________________________________________________________________

Parent/Guardian Signature  Date

STRESS BUSTERS

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__________________________________________________________________________

Parent/Guardian Signature  Date