



Counselor's Corner

Hello Manitou Families --I'm looking forward to another wonderful year with your kiddos. For those of you new to our school welcome! My name is Leatha Hay and I am the school counselor. I earned my undergraduate degree in Psychology from University of Colorado (UCCS) and my masters in Counseling and Human Services from University of Colorado (UCCS). I'm married to a fine fellow, Ron, for 29 years now and we have two man/boys who attend UCCS. I enjoy reading, camping, following Broncos football, ice hockey and working with children. I have been a part of the Manitou Herd since 2007.

News

Last year MSES introduced the social emotional learning curriculum *Second Step* to students. Again this year I am fortunate to be in 1st - 5th grade classrooms once a week with lessons including Listening to Learn, Focusing Attention, Being Assertive, Similarities and Differences, Showing Care and Concern (Empathy), Managing Strong Feelings, Calming Down Anger, Managing Worry, Solving Problems, Fair Ways to Play and Joining In just to name a few. (There are twenty-two *Second Step* lessons for each grade not including pre and post surveys.) In addition to *Second Step*, I will offer small group and individual counseling. Watch the Counselor's Corner for additional information on groups and individual counseling. In the meantime, I look forward to working with your children!!! If you have immediate questions regarding the counseling program, please reach out to me at lhay@mssd14.org, or by phone, 685-2160.

Documented Benefits of Social Emotional Learning (SEL)

- In a meta-analysis of 213 school-based SEL programs, participants demonstrated significantly improved social and emotional skills, attitudes, and behavior, as well as an 11-percentile-point gain in academic performance.
- Children who are socially and emotionally competent have more friends and more connections with positive peers, and are less likely to be rejected, isolated, or bullied. Children with friends are happier and more successful in school.
- Empathic children with good perspective-taking skills are less likely to be physically, verbally, or indirectly aggressive toward peers.
- Children's social relations affect their feeling of connectedness at school, which affects their sense of academic competence.
- The social-emotional competence of students is an important component of effective bullying prevention.

Please Welcome Counseling Interns Jay DeRosa and Shayla Margison

My name is Jay DeRosa and I am a school counseling intern from University of Colorado Colorado Springs. I am currently working on my Master's in school counseling, and am planning on getting my LPC to be a licensed professional counselor as well. I am a Colorado Springs native and love to take advantage of what the city has to offer! I like exercising, hiking with my dog, reading, playing hockey, and being with my girlfriend and family. I look forward to gaining as much knowledge and experience as possible in my semester here at Manitou Springs Elementary. I am very fortunate to be here and work with this dedicated faculty.

My name is Shayla Margison. I received my bachelor of arts degree in psychology at Colorado State University-Pueblo, and am currently perusing my Master's Degree in Clinical Mental Health and School Counseling at the University of Northern Colorado. I have two spoiled cats and a fiancée who I spend most of my free time with. I love music, and was a life long band-geek and choir kid in school, and am also very invested in theater and art. I enjoy reading, hiking, traveling, and have a serious coffee addiction! This is my second internship experience with MSES and I am excited for the opportunity to once again support your students!