

September 2023

Welcome Back!

It is my pleasure to introduce myself to all of you as the Guidance Counselor of School One! I couldn't be more excited and delighted to receive your children back to school this year! And also thrilled to welcome new incoming students as well! I am proud to say that I have been a school counselor in the Fort Lee school district for 24 years. Many children have come and gone throughout the years, and it has been my pleasure to be of service to them and their families. I would like each family to know that I am committed to being present to you and your most precious commodity...your children. Should you have any questions, concerns, or suggestions, I would like to know about them! Upon receiving an email or a phone call, rest assured that I will do my best to respond to you within 24 hours. I can be reached in the following ways:

- Email: [mbuonomo@flboe.com](mailto:mbuonomo@flboe.com)
- Phone: 201-585-4620 Ext 1503 (Leave a voicemail)
- Main Office: 201-585-4620 (Leave a message with the secretary)

This year we will continue to use our student check in survey (also known as the Daily Check In Page). I will post the student survey on my Google Guidance Classroom Page and teachers will encourage all students to complete it. This affords your child the opportunity to let me know how he or she is coping in and/or out of school. I check the children's responses carefully and will reach out to them and to you with anything that may be of concern.

The following are some of the programs the school counseling department has to offer:

One to one counseling sessions to address separation anxiety, conflicts with peers, academic concerns, divorce and separation, death of a loved one, etc.

Group counseling services addressing Social Skills, Divorce/Separation, Death in the family, Peer Relationships, etc.

Kindergarten and 4th Grade Buddy Program: Students develop peer relationships with a fourth grade "buddy". The fourth graders serve as role models for Kindergarten students and engage in quarterly activities so as to develop a connection with each other.

Peer Pals School Ambassadors: Several students from each homeroom class will serve as ambassadors for incoming students who are new to the school and the district.

Any pertinent school counseling information that you will need to know will be posted on my Google Classroom Page. Here is the information you will need:

Join Code: **mrfoex3**

Link to Google Classroom: <https://classroom.google.com/c/NjlxNDYxNzY5NTcy>

Student well-being is a top priority for the Fort Lee School District, therefore we will continue to incorporate social and emotional learning (SEL) in our curriculums. As in years past, we will be using the “Reboot for Schools” Program.

Reboot for Schools is a mindfulness curriculum, providing 3-minute audio guided mindful moments that build on each other throughout the year. Students will continue to learn breathing, empathy, self awareness, and self regulation while developing tools to help with focus, stress, and building positive school communities. Each mindful moment ends with a positive directive for the student to remember throughout the day which helps keep students mindful and builds school culture (e.g., sit with someone you don't know at lunch or lend a helping hand to your teacher).

School One will also be providing parents with a “Parent Website” in which a wealth of information regarding webinars and seminars will be provided! Please refer to the link below.

<https://sites.google.com/flboe.com/parentresourcecenter/home>

In addition, Parent University sessions will continue this year. Information regarding dates and times is forthcoming.

Looking forward to an amazing year where I can share with you and your children the many successes and victories....as well as getting through the challenges and hurdles. I am confident that we will get through them together as a cohesive, unified and caring/compassionate team.

Respectfully,

Marisa Buonomo  
School Counselor  
School One