

From Steve Abrams, St. Dunstan School Counselor

August 24, 2011

Dear Parents,

As we move forward into the 2011-2012 school year, this is a good time to introduce myself and our counseling program to our new parents, and add my voice to the many others welcoming you and all the familiar faces back to school.

Our counseling program provides children and families with an opportunity to address many different issues in a supportive, collaborative environment. I help with conflict resolution and peer relationship issues, classroom behaviors, and the wide range of emotional issues that may affect children's performance at school. I work with children and parents individually, in groups, and lead classroom discussions on a wide variety of topics at the invitation of your child's teacher. Classroom presentations on the subject of friendship will include bullying and how to deal with bullies, and the middle schoolers will continue to learn about sexual harassment, a subject misunderstood by many and one taken very seriously by the Archdiocese.

I'm visiting the classrooms, introducing myself and our counseling program, and encouraging the idea that asking for help is a strength, not a weakness. Having serious problems is not a requirement for us to have a chat.

We're all doing our best to raise emotionally healthy children in difficult times, and we need to work together and share ideas. As we're all aware, the kids don't come with a manual, and what works for some of us doesn't work for others despite the sometimes good advice in the many self-help books available.

I'm at St. Dunstan School on Wednesdays and Fridays from 8 AM to 2 PM, and can be reached outside of school at (650) 692-6071. Don't hesitate to call me for any reason. This is my 15th year at St. Dunstan, and I appreciate the opportunity to work with you and your children.

Sincerely,

Steve Abrams  
School Counselor