

JOHN MANDRACCHIA-SAWMILL INTERMEDIATE SCHOOL
COMMACK, NEW YORK

March 7, 2019

Dear Parent/Guardian:

Stress plays an important part in every stage of a child's development. All learning and growth involves a degree of anxiety. While a little stress is normal as well as necessary, too much stress can have ongoing negative effects. The effects from test anxiety, peer pressure, fighting with parents or siblings, etc., can be physiological, causing aches and pains. Additionally, it can affect mood, behavior, and overall academic success.

The MSIS Counseling Department will be offering a five-session stress reduction workshop called ***i-Stress-Less*** beginning March 22. This psycho-educational group will focus on cognitive behavioral and mindfulness strategies for coping with anxiety. Through group discussion, videos, and creative activities, students will learn to identify emotional and physical signs of anxiety and explore possible triggers. Together, we will practice proven techniques to reduce stress and help students develop a sense of control over their anxiety.

The group will be held before school on five Friday mornings from **8:15 a.m. – 8:45 a.m.** It is recommended that students attend all five sessions. The workshop will be offered to **all** Sawmill students (3rd, 4th and 5th graders) on the following dates:

Session 1: March 22

Session 3: April 5

**School closed for spring break*

Session 2: March 29

Session 4: April 12

Session 5: Friday, May 3 (final session)

**Students who participated in the Fall 2018 workshop are welcome to attend the spring session. However, please note that the spring curriculum and activities will not differ from the fall workshop.*

If you should have any questions or concerns, please do not hesitate to contact me. **Please complete the consent form below and return to your child's classroom teacher by Wednesday, March 20, 2019.**

Thank you in advance for your cooperation,

Jacqueline Rizzuto, L.M.S.W.
School Social Worker
631- 858-3668

Megan Rodecker
M.S.W. Intern, Adelphi University
MeganRodecker@mail.adelphi.edu

Teachers: Place in Mrs. Rizzuto's mailbox

Parent: Detach and return by Wednesday, March 20, 2019.

I give permission for my child _____ to participate in the ***i-Stress-Less*** group.

Parent/Guardian's Signature: _____ Date: _____

Child's Teacher: _____

****Please include your email address so that I can send weekly group reminders.***

Email Address: _____