Dear Saseenos Elementary School Families,

I hope this letter finds you well and that you had a wonderful summer break! As we embark on a new school year, I wanted to take a moment to introduce myself and share how I can be of assistance to your child's educational journey.

My name is Rachelle Vallevand, and I am honoured to serve as one of the School Counsellors at Saseenos Elementary School! I am committed to supporting your child's emotional, social, and academic development throughout the school year. I look forward to working together with you to help ensure your child’s success.

The role of a school counsellor is multifaceted, and our primary goal is to create a safe and nurturing environment where your child can thrive. Here are some ways in which we can assist your child:

1. **Individual Counselling:** I am available for one-on-one sessions with students to address personal and academic concerns, helping them develop essential life skills and coping strategies.
2. **Group Counselling:** I facilitate various group counselling sessions on topics such as self-esteem, friendship, and resilience, fostering a sense of belonging and emotional growth among students.
3. **Support Academic Achievement:** Ican help students set goals and develop effective work and study habits. I also collaborate with the School-Based Team in the development of Individual Education Plans.
4. **Classroom Guidance:** I collaborate with teachers to deliver classroom lessons on important topics such as social-emotional learning, conflict resolution, peer helping, and social skills, equipping your child with valuable tools for success.
5. **Parent Support:** I am here to provide guidance and resources to parents, offering insights into how you can support your child's educational and emotional needs.

Please know that my office door is always open, and I am ready to listen, support, and guide your child through any challenges they may encounter. Your child's well-being and success are at the forefront of my priorities, and I look forward to partnering with you to ensure their journey at Saseenos Elementary School is a positive and enriching one.

If you have any questions or concerns, please do not hesitate to reach out via email at rvallevand@sd62.bc.ca . I am eager to get to know your child and work together to create a nurturing and successful school experience.

Here's to a fantastic school year filled with growth, achievement, and memorable moments for your child!

Warm regards,

Rachelle Vallevand

*School Counsellor*

*Saseenos Elementary School*