

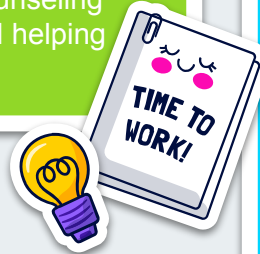
Lead-Deadwood Elementary School Counselor Newsletter

Mrs. Bender's Occasional Update on Student Success.



Supporting Student Success

If you don't know me, I am Amanda Bender the elementary school counselor for Lead-Deadwood. I have been with the district for 10 years. I get to know ALL students by providing classroom lessons that focus on social and emotional skill to promote student success! I also facilitate small groups to help students with more specific skills and short-term counseling with parent permission. I absolutely love my job and helping students feel valued and supported!



CONTACT INFO

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[Website](#)

Helpful Resources:

[Student Handbook](#)

[Community Activities](#)

- Youth sports and other events shared by the community

Click around for info and other fun stuff!

Improving Self-Awareness

It is important students develop self-awareness skills to help them move through challenges calmly and get along with those around them. These skills are help students academically and socially.

You can help at home by:

- Help them name emotions
- Talk about feelings you and your child are experiencing
- Practice calming strategies for big emotions

More information at:

[OnOurSleeves.org](https://www.OnOurSleeves.org)

[PBS.org](https://www.PBS.org)

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