



CRESTWOOD COUNSELING

March 2019

Crestwood Families,

Our March Issue will include announcements, upcoming save the dates, and some things to keep in mind as the year starts to wind down. We hope you are enjoying the warmer weather and getting excited for spring and summer break! As always, please feel welcome to reach out and contact us at any time via email or phone. Our contact information is listed below.

Chrissy Carrell and Meghan Damler

We are finishing up our Second Step Curriculum in grades 4th and 5th and moving on to our mindfulness curriculum called “MindUp” which teaches students how to take steps to keep calm and focused. In grades Kindergarten through 3rd grade, we will continue Second Step until the end of the year.

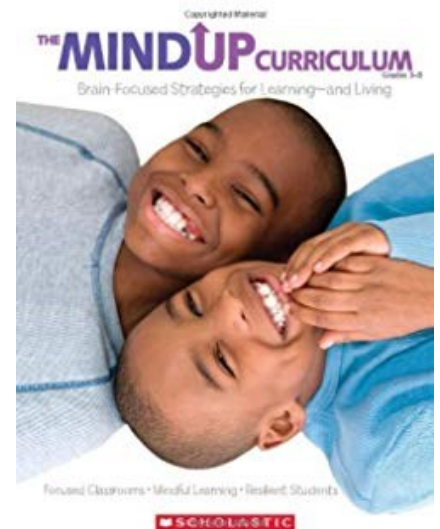
Parents can follow along here:

[Kindergarten](#)

[1st Grade](#)

[2nd Grade](#)

[3rd Grade](#)



Coda and some of his friends! For more information about our pet therapy program, visit our website.

Contact Us

Please feel free to contact us with any questions or concerns. We are located in room 23 or you can reach us by phone at:
 (217) 465-5391

You can also reach us by email at:
 Chrissy Carrell:
ccarrell@crestwood.k12.il.us

Meghan Damler:
mdamler@crestwood.k12.il.us

You can also visit us online at:
<http://crestwoodcounselors.weebly.com/>

Announcements:

- ⇒ *Mrs. Damler is planning Girl EmPOWER, a girls conference for 4th-8th grade girls which will be held at Crestwood on April 27th . We want you there!! See the flyer attached to this newsletter for details. [Register Here](#)*
 - ⇒ *The next section of 7th graders started Careers Class on March 11th. We will travel to EIU on April 11th. Please turn in permission slips by April 8th. Students will need to bring money for lunch*
 - ⇒ *2019 IAR testing for elementary is almost completed. Junior high testing dates will begin March 19th. See the website for more information: <http://pcusdweb/parcc/iar.pdf>*
 - ⇒ *Forms were sent home with 5th-7th grade students to pick electives for the 2019-2020 school year. Please return these forms by April 12th.*
 - ⇒ *Family Fun Night will be held April 26th for Canvas Painting—We hope to see you there!!*
 - ⇒ *Eagles on the Fly started again on March 4th. Practices will be held every Monday from 3:30-4:00 at the school.*
 - ⇒ *6th Grade Orientation will be August 9th from approximately 9:00 A.M.-1:30 P.M. There will also be an optional parent class entitled “Surviving the Middle School Years.” More details to follow in the coming months*
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8th Grade Information

- * Registration: Any schedule changes will need to call Staci Skelton or Jeff Barnes at the high school at (217)-465-1175
- * Career Conference at Lakeland will be April 5th during the school day. Please turn in permission slips by April 3rd. Students will need to bring a sack lunch OR money to eat at Jimmy Johns.
- * Crestwood Graduation will be May 23rd at 7:00 P.M.
- * Tiger Training will be held at the Paris High School on August 8th from 10:00 AM-2:00 PM.

SCHEDULE

8:30- 9:00

WELCOME

Girls will sign in for the day and breakfast will be provided.

9:00 -9:45

MASK PAINTING

10:00 -10:30

YOGA

10:35-11:00

SCAVENGER HUNT

11:00-11:45

KEYNOTE SPEAKER LUNCH (will be provided)

12:00- 2:00

SESSIONS

MEDIA AND BODY
IMAGE

RELATIONAL
AGGRESSION

CONFLICT

2:00- 2:30

CLOSING



GIRL EMPOWER CONFERENCE

Girls 4th- 8th Grade

OUR SPEAKER



DATE:
4/27/2019
TIME: 8:30 -
2:30 PM
Crestwood
School

A day for girls
to build each
other up
through
sisterhood

Marcia Lane-McGee

Marcia Lane-McGee is a functional hot mess, and some days that's all you need to know. She is also a writer, master of the "well, actually," and advocate for justice from Chicago, IL. When she is not working on her career and desperately trying (and failing) to keep plants alive, she spends her time traveling, reading, making up words to songs, and trying to find a trivia or karaoke night.

Since 2009 Marcia has relished the opportunity to talk (and talk and talk) to captive audiences starting with working with non-profits to train supervisors and their staffs and on to sharing her life, values and plans for a just world with the masses. A former youth minister, she enjoys working with youth and encouraging them. Her motto in life is "Live loud. Love LOUDER" and she uses her 11 and a half inch redwood wand with a dragon heartstring core and quite bendy flexibility to spread a little magic whenever and however it is needed. She wants to have a hand in shaping our country's future and believes it will be amazing if we listen to each other, count to ten, remember what we learned in kindergarten and dance it out once in a while.

For more information please reach out to Meghan Damler at mdamler@crestwood.k12.il.us