

# Weekly Schedule



Wednesdays – 12:15pm to  
4:00pm

Thursdays – Regular  
school hours

Fridays – Regular school  
hours



NOTHING  
CAN DIM THE  
*light*  
FROM WITHIN

-Maya Angelou



# INTRODUCING YOUR SCHOOL COUNSELOR



Megan Jeltes

## Introduction



Hi Prairie Winds  
Students & Families!

I am so excited to get to work with you all as your school counselor! I have enjoyed working with students at all levels, but feel that my heart is in elementary.

I look forward to getting to know all of you and building relationships to help make this a fun and successful school year!

Please always feel that you can reach out to me with questions, concerns or ideas. Collaboration and communication are very important to me!

## School Counselors can help with...

- ❖ Managing emotions you feel
- ❖ Setting goals
- ❖ Feeling good about yourself
- ❖ Problems with friends
- ❖ Managing changes in your life
- ❖ Study skills
- ❖ And many more!



## Contact Info



[mjeltes@lewispalmer.org](mailto:mjeltes@lewispalmer.org)

719-757-1352

If there is an emergency or a situation that needs immediate attention on days that I am not scheduled at school please call the Main Office 719-559-0800

## Services Provided



- ❖ Classroom guidance lessons
  - ❖ Counseling groups (based on needs of students – for example: self-esteem, study skills, grief etc...)
  - ❖ Individual short-term solution-focused counseling
  - ❖ Parent and Teacher meetings
  - ❖ Collaboration with community supports and therapists
  - ❖ Referrals to community resources
- \*Please note school counselors do not provide therapy – if interested in this support I can help connect you!