

THOMAS E. BOWE SCHOOL  
7 RUTH MANCUSO LANE  
GLASSBORO, NJ 08028

Craig Stephenson – Principal  
Brittinee Garcia– School Counselor  
Brandon Leyden – School Counselor  
Diana Cibo-Tartaglia – Admin. Asst.

Lauren Kerr – Assistant Principal  
Donna Begolly – Nurse  
Patti Smith – Admin. Asst.

Dear Parents/Guardians,

Bowe School offers a variety of small groups throughout the year to help meet the various social and emotional needs of our students. Small groups offer students an opportunity to share and discuss issues openly with peers who often have similar concerns and life experiences. Student groups are designed to be supportive, short-term (4 to 8 weeks depending on group), and developmental. Families are encouraged to sign children up for one or multiple groups to improve overall social and emotional health.

Groups are small, confidential, and facilitated by a certified school counselor. Meeting times are usually during lunch; however, if they are not, times will rotate to ensure that students do not consistently miss the same class period. Several cohorts of each group will run throughout the school year (new cohorts begin every 4-8 weeks). In order to maintain the integrity of the groups, not all students who sign up will be in the first cohort, however all will be placed throughout the school year.

**\*Please read each group description carefully, keeping in mind the goals and action items for each group when signing your child up.**

Please contact Mr. Leyden for more information or if you would like your child to participate in a group. All participants will be required to fill out a permission slip prior to joining the group. Currently, the following groups are available for students:

**“I” Organize: 6th Grade- 4 weeks**

In this group, students will focus on the following action items:

1. Developing self-advocacy
2. Assistance with binder organization, test-taking strategies, time management.
3. Confidence to speak to teachers

**F.I.S.H (Families In Separate Homes) 6-weeks**

In this group, students will focus on the following action items:

1. Managing feelings and emotions stemming from divorce or separation
2. Develop coping mechanisms to better manage feelings and emotions
3. Learn how to express feelings in a positive way to be successful in and out of school

**Teen Talk: 6 weeks**

In this group, girls will focus on the following action items:

1. Learn the importance of building and maintaining healthy relationships
2. Improving self-worth and view on self
3. Address real-life situations in a productive manner

**Work it Out: 6 weeks**

In this group students will focus on the following action items:

1. Understand how to identify and manage conflict
2. Learn how to actively listen
3. Improve decision making skills

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**Good Grief (a group for students who have lost a parent, family member or friend) (8-weeks)**

In this group, students will focus on the following action items:

1. Learn coping skills to help process the passing of a loved one
2. Gain support and understanding from others who are or have experienced the same feelings
3. Develop an understanding of feelings surrounding grief and loss
4. Learning how to speak openly and confidently about emotions

**Worry Warriors- 6-weeks**

In this group, students will focus on the following action items:

1. Learn coping skills to manage anxiety/stress
2. Develop an understanding of factors causing worry
3. Learning how to speak openly and confidently about emotions and feelings

**In Control Group- 6-weeks**

In this group students will focus on the following action items:

1. Anger management and coping skills
2. Impulse control
3. Healthy and positive decision making
4. Help students who experience excessive anger, stress

**Moving Forward-group for children who have an incarcerated parent(s)-8-weeks**

In this group students will focus on the following action items:

1. Acceptance and understanding of current situation
2. Coping skills for the present and preparation for the future
3. Managing and expressing emotions in a positive way

**Supermen: 6 weeks**

In this group boys will focus on the following action items:

1. Form positive and supportive social connections
2. Learn to effectively plan for the future
3. Develop skills to be successful in the professional world

**Contact BLeyden@gpsd.us OR 856-652-2700 ext. 3212 for more information**

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## **BOWE SCHOOL SMALL GROUP PERMISSION FORM**

If you would like your child to participate in a group(s), please complete the following form and return it to Mr. Leyden. Descriptions of each group can be found on the previous page.

**\*Permission slips must be returned by Friday, December 22nd. Due to the large number of sign-ups, students who turn in late permission slips are not guaranteed group placement.**

**Circle the group(s) that you would like your child to participate in:**

- |                 |                   |
|-----------------|-------------------|
| 1. "I" Organize | 5. Good Grief     |
| 2. F.I.S.H      | 6. Worry Warriors |
| 3. Teen Talk    | 7. In-Control     |
| 4. Work It Out  | 8. Moving Forward |
| 9. Supermen     |                   |

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### **Sign and Date Below**

**I give my child permission to participate in one or more of the small groups offered at Bowe School.**

**Student Name (print)** \_\_\_\_\_ **Grade** \_\_\_\_\_

**HR Teacher Name**

**Gold** \_\_\_\_\_

**Maroon** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_