Kindness Helpers

My Ways to Shine · A family introduction

Dear Families,
I'm inviting your child to a six-week small group focused on strengths, kindness, and confidence. Three older students meet with me once a week for about 20–25 minutes. We also arrange brief private starting and ending check-ins, and a short follow-up 2–3 weeks later.

What children practice

We practice kind requests and boundaries, trying small steps, handling frustration, asking for help, and making things right after mistakes. Every child already belongs and has something valuable to offer. Helping is a chance to share strengths, and helpers can receive help too.

Helping and learning with 4K partners

We plan four brief visits in weeks 3–6. The 4K teacher and I coordinate activities, partners, and adult support. Both children can choose, contribute, teach, or decline. Adults handle safety and conflict. If a visit needs a separate time block, I will share that arrangement with you.

How we notice growth

We use simple student self-reflections, conversations, and specific observations. You will receive a closing update with a strength, a real example, and a skill to keep practicing. At home, ask, "What helped you try?" or "What did you learn from your partner?"

Children may share their own learning while respecting other children's stories. Please contact me to discuss participation or share anything that would help me support your child. We follow the school's usual group participation process.

Start date: _____ Meeting day/time: _____
Any separate visit/check-in arrangements: _____
Contact: ives@richland.k12.wi.us

Warmly,
Sarah Iverson · School Counselor · Mrs. Iverson