



# CRESTWOOD COUNSELING

**September 2018**

Crestwood Families,

We are busy making plans for the year and have several things coming up for this school year we are excited about! Be sure to read through this newsletter to find out all the ways your child can get plugged into these programs and events. As always, please call or email us if you have questions

## *Eagles on the Fly:*

*We are excited to announce that the Wellness Team at Crestwood is continuing Eagles on the Fly this school year. This is offered to 3rd-5th grade girls interested in training for 6 weeks and running a 5K together on October 27th. This program not only encourages healthy exercise, but also acts as a way for the girls to encourage and empower each other. It also builds positive relationships with school staff members and helps the girls gain confidence in themselves.*



## 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](mailto:ccarrell@crestwood.k12.il.us)

Meghan Damler:  
[mdamler@crestwood.k12.il.us](mailto:mdamler@crestwood.k12.il.us)

You can also visit us online at:

<http://crestwoodcounselors.weebly.com/>

## Mark Your 2018-2019 Calendars:

Parent Workshops: *We will be having two parent nights this school year where we offer activities for parents and children to do together to build parent child relationships, as well as focus on interpersonal skills for students. Parent Nights for 2018-2019 will be November 7th and February 20th. More details to come soon.*

Lock In: *We will be hosting a girls empowerment lock-in for 3rd-8th grade students on Friday April 12th. The lock-in will feature workshops for girls led by teachers and community members focusing on teamwork, confidence, and empowerment. The workshops will also include learning new skills such cooking, technology, and DIY projects Each girl will have a junior high buddy for the evening. The night will end with a movie, popcorn, and pajamas!*

Career Day: *There will be a Junior High Career Day this February (TBD) during the school day. Students will sign up for 5 sessions to attend to learn from professionals in the field, as well as ask questions that they have about that career. If you or someone you know would be willing to come and talk about their job, please email me at [ccarrell@crestwood.k12.il.us](mailto:ccarrell@crestwood.k12.il.us)*

Red Ribbon Week: *Red Ribbon Week will be October 22-25 this fall. It will feature dress up days, our annual fundraiser, poster contest, and drug and alcohol awareness for all students. Be on the lookout for a letter sent home in the next few weeks!*



## Talent Show

Crestwood School will be having a Talent Show on **Tuesday, November 20 2018**. Students and faculty are invited to participate by sharing their special talents in the show!

### How can you be in the Talent Show?

- Complete the entry form on the attached page, detailing your act, music, props needed, etc. including parent permission for each member of your act. **Due date: Friday, October 5<sup>th</sup>, 2018 to your homeroom teacher.**
- **Tryouts will be October 8<sup>th</sup>, 2018 after school.** There will be a sign up sheet in the main office.
- You must attend the practices, **October 30<sup>th</sup>, and November 13<sup>th</sup>**
- You must attend the dress rehearsal on **November 19<sup>th</sup> after school.**

**Parents are required to pick up students after tryouts and practices by 4:45pm.**

### If you have any questions who can you ask?

- **Meghan Damler-** School Counselor- 217-465-5391; Email: [mdamler@crestwood.k12.il.us](mailto:mdamler@crestwood.k12.il.us)

### What kind of acts can you perform?

Example of Talent Show acts can include singing, dance routines, playing an instrument, gymnastics, comedy, etc.

- Acts should be 2-4 minutes in length.
- You may be involved in one (1) act. **You can be in a group or individual act.**
- Music, lyrics, and dancing should be appropriate for **ALL** ages.
- **NO lip-syncing or singing along** with an artist on CD!

**If you are singing or dancing, PLEASE SUBMIT YOUR LYRICS TO MRS. DAMLER BY THURSDAY, OCTOBER 11<sup>TH</sup>.**

**Don't forget to submit the Entry Form and return it to Mrs. Damler by Friday, October 5<sup>th</sup>.**

## **Camp Healing Heart:**

**Have you lost someone in your family? Camp Healing Heart is hosted by Carle Hospital every fall to help kids through the grieving process. It can be a way to meet other kids who have lost someone as well. This one day camp consists of small groups, grief activities, as well as fun things to do as well! See the link below for the camp brochure. Let me know if you have any questions or are interested in attending camp with the Crestwood group.**

**[Camp Healing Heart Brochure](#)**