



Parras Middle School

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Dear Parras Parents/Guardians:

Happy October! The school counseling team is excited to share the October counseling topics with you. This month we are going to be exploring the concepts of Problem Solving Skills and Communication Skills.

Problem Solving is a complex skill that takes time to master. We are going to explore the foundational skills of how to identify the size of a problem and help your child connect how they feel about a problem, which may drive how they respond to a problem. The primary objective is to help build your child's problem solving skill set so they are better able to access their invisible tool box of problem solving strategies.

Another important skill that compliments problem solving is the ability to communicate thoughts and feelings. We use our communication skills on a daily basis, all day, every day. Your child will gain a better understanding that there are different ways to communicate by exploring verbal and non verbal communication styles. Both types of communication styles involve the social skill of taking perspective and showing empathy towards others.

We encourage you to continue to reinforce these important skills during those daily teachable moments.

We also have some additional resources for you to access.

Problem Solving Skills:

<https://safeYouTube.net/w/QzvR>

Communication Skills:

<https://safeYouTube.net/w/56vR>

If your child feels they may benefit from additional support, they can make a virtual appointment with their school counselor [here](#).

In Kindness,

The Parras School Counseling Department
Lisa MacMillan, Ashley MacDonald, Cassy Ryley (Long Term Substitute for Rachel Andrews)