



August 2018

Dear Cashell Families,

I hope you all had a fun and restful summer! I am very excited to be back at Cashell for a second year as your school counselor. I am looking forward to seeing many familiar faces this fall in addition to some new! I know together we will have a great school year!

Similar to last year, I will continue to go into classrooms once a month for counseling lessons. Counseling lessons focus on topics such as: peaceful problem solving, making and keeping friends, safety, bullying, respecting others, college and career readiness, and more! Classroom counseling lessons are a great way for students to learn new ways to be their own problem solver and practice these skills with classmates.

In addition to classroom lessons, I will continue to meet with students individually and in a small group setting. These counseling avenues allow students to talk in a confidential setting when they are upset or have a problem they are unsure how to solve themselves. Students can see me by self referral, teacher referral, or parent referral. If you have any concerns or feel your student may need a check-in please do not hesitate to call or e-mail me.

Lastly, if there is anything you need help with please feel free to contact me via e-mail: Stephanie_Hespe@mcpsmd.org or by phone (240) 740-0562. I can also help connect you with a number of community resources.

I look forward to working with you all again this year!

Best,

Stephanie Hespe, School Counselor