

CHEROKEE BEND ELEMENTARY SCHOOL
GUIDANCE AND COUNSELING
4400 Fair Oaks Drive
Mountain Brook, AL 35213
(205) 871-3595, ext. 7231, fax (205) 877-8312
witcherl@mtnbrook.k12.al.us

September 4, 2014

These groups will meet once weekly for 6-8 weeks
over lunch and recess.

Dear Parents of 4th Grade Girls:

Your daughter is invited to participate in a girls' friendship group called "Sisterhood," which is a small group extension of whole class guidance. The group is automatically offered to all 4th grade girls and all are encouraged to participate.

This group is about being good friends, looking for healthy friendships, and how to avoid hurt in friendships. Girls' friendships can be complicated because of spoken and unspoken language and sometimes have conflict that is difficult to identify or address. This group will focus on skills to help girls make healthy friendships, avoid exclusivity, avoid toxic relationships, be thoughtful about the feelings of others and maintain friendships over time. This is not a problem-focused group; rather, it is a growth centered group.

We will have a short activity and discussion each time. Each group will have a journal of some sort for the time that we are in group; assignments in the journal are the enrichment piece, not required work. Curriculum for the group comes from, *Girls in Real Life Situations, Group Counseling Activities for Enhancing Social and Emotional Development* by Shannon Trice-Black and Julia V. Taylor, *Salvaging Sisterhood* by Julia V. Taylor, and I may pull from a few other resources. All these books are available for you to review in the guidance office.

In order for your daughter to participate, she will need your signature giving permission on the form below. You can keep the top portion of this letter for your information. Electronic permission (emails, scanned/signed copy faxed or emailed) for small group participation will be considered acceptable permission.

Sincerely,

Laura G. Witcher, MA, NBPTS
Counselor

My daughter, _____, has my permission to participate in the Sisterhood small group with the school counselor and/or school counselor intern.

Parent or Guardian Signature

Date

4th Grade 2014-2015 Sisterhood small group on friendship for girls.