



Dear Parent or Guardian,

At North Cache Middle School, we want to help students gain the skills necessary to be healthy, productive, and happy individuals. The goal of counseling in a school setting is to provide support and instruction relating to the immediate needs of the student. Small group meetings are one of the resources available to our students.

An "Anxiety - Inside Out" group will meet during homeroom once a week and will run for 8 to 12 weeks. Students are required to check in with their homeroom teacher before coming to group. In the group, students will learn strategies and tips to identifying personal strengths as well as developing and practicing coping skills. We would like to invite your student to participate in this weekly group.

Parental/Guardian permission is necessary for your student to participate. During the course of discussion in these groups, students may discuss their personal views and experiences.

While counseling meetings are confidential, we always encourage students to share information with their parent/guardian. Exceptions to this rule are made as required by law such as a reason to suspect there is harm to the student and/or others or when court ordered.

We are excited about the group and look forward to helping your student succeed.

Sincerely,
The NC Counseling Department
435-792-7728

I give my permission for my child _____ to participate in the group discussion(s).

Parent/Guardian Signature: _____ Date: _____

Family Educational Rights and Privacy Act *Section 53a-13-302, Utah Code, provides that parents must be notified at least two weeks prior to a school activity or planned discussion which may lead to a student revealing private information.