



## THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA

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Falcon Cove Middle School  
Steven Carruth, Principal  
4251 Bonaventure Blvd.  
Weston, Florida 33332  
754-323-3200  
Falconcove.net

### The School Board of Broward County, Florida

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Student \_\_\_\_\_ Grade \_\_\_\_\_

Falcon Cove Middle School is offering our students the opportunity to participate in small groups throughout the year. During group meetings, students will have the opportunity to learn Mind Body skills. These groups help to support the social and emotional development of students, which has a positive influence on academic development and success. They will engage in discussion of ideas, feelings, behaviors, attitudes, and opinions. The children will participate in a variety of Mind Body Practice includes Breathing, Drawing, Biofeedback, Movement and Writing.

The first 10 students to return the consent for will be considered and if appropriate, scheduled. Once formed, each group will meet on a weekly basis for 6- 8 weeks. Each meeting will be 30- 40 minutes in length. Students selected will receive a notification prior to our initial meeting on September 26, 2019.

Parents are encouraged to contact me to inquire about Mind Body group topics. However, because counseling is based on a trusting relationship between the counselor and the students, the leader will keep the information shared by the members confidential unless district policy and/or ethical responsibilities require disclosure. These circumstances are if a child reveals information about harming themselves or others, or if a child reveals information about child abuse. In these rare cases only relevant information will be shared following district policy.

In order for your child to participate in a group, I will need to have written permission from you. Please complete the attached form and **return to me by September 20<sup>th</sup>, 2019**. As always, if you have questions or concerns, please contact me at [FranchescaMarie.DiazWhite@Browardschool.com](mailto:FranchescaMarie.DiazWhite@Browardschool.com)

Franchesca Diaz White, MSW  
School Social Worker, Broward County Public Schools  
Serving: Gator Run Elementary, Eagle Point Elementary, Falcon Cove Middle School

# Mind Body Skills Group

Student Name \_\_\_\_\_

Grade: \_\_\_\_\_

I believe my child will benefit from learning these skills in small group (circle):

Mind Body Skills	Improve Self-control
Decrease Anxiety/worry	Increase self-awareness
Decrease stress	Improve Mood/Outlook
Other _____	Improve Focus

By signing this form, I give consent for my child to participate in group counseling. I understand that:

- The group will provide an opportunity for members to learn and practice interpersonal skills, discuss feelings, share ideas, practice new behaviors, and make new friends.
- Mind Body Practice includes Breathing, Drawing, Biofeedback, Movement and Writing.
- Anything the group members share in group will be kept confidential by the group leader and the other group members.
- The first 10 students to return the consent will be considered and if appropriate scheduled. Students selected will receive a notification prior to our initial meeting.

Please circle:

- I can bring my child on Thursday's at 8:00am.
- If available, I would like my child to participate in future groups during school hours.

Parent/guardian Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/guardian email address \_\_\_\_\_

Parent guardian phone number \_\_\_\_\_

Students signature \_\_\_\_\_

Comments/Questions or concerns:

**Please return by September 20th, 2019**

to Franchesca Diaz White, MSW  
FranchescaMarie.DiazWhite@Browardschools.com