

SEPTEMBER

Counselor's Corner

Whiteford Elementary

Hello Bobcat Families! My Name is Danielle Brossia and I am excited to be settling into my new role as the Elementary School Counselor! I can tell that we have some really amazing students and families here and I am so happy to get to work with you all!

I am here to Help!

I am here to support all students in a variety of ways! This month I will be focusing on getting to know all students and introducing them to my role. I will be going into each classroom to discuss what a school counselor does and how they can reach me if they need help. Below are some other ways I will be supporting our students throughout the year!

- Classroom counseling lessons to all students about a variety of counseling-related topics focused based on building students social emotional skills.
- Small group counseling activities to support student growth based on data-supported needs.
- Brief solution-focused individual counseling to support academic and social/emotional success.
- Providing support during crises.
- Helping families access and find needed resources.

Back to School Tip!

Check in daily

Ask open-ended questions like "What was the best part of your day?" or "What made you feel nervous today?" to spark conversation.

Create structure at home

Predictable routines help reduce anxiety. Prioritize consistent bedtimes, screen breaks, and unstructured downtime after school.

Model coping skills

Show your child how you handle stress — whether that's taking a walk, doing deep breathing, or journaling.

Recognize signs of struggle

Watch for persistent sadness, irritability, withdrawal, or school refusal. If something feels off, it's okay to ask for help.

About Mrs. Brossia

- I have a Bachelor's Degree in Sport Management from Bowling Green State University and my Master's in School Counseling from Malone University.
- I am married and have four children who keep me very busy!
- In my free time I enjoy reading, being outside, and traveling with my family!



**BE KIND
KEEP GOING**

Contact Information:

If you have any questions or need to reach me please feel free to contact me at Danielle.Brossia@Whiteford.K12.MI.US or call 734-856-1443, ext. 309 I'm here to help!