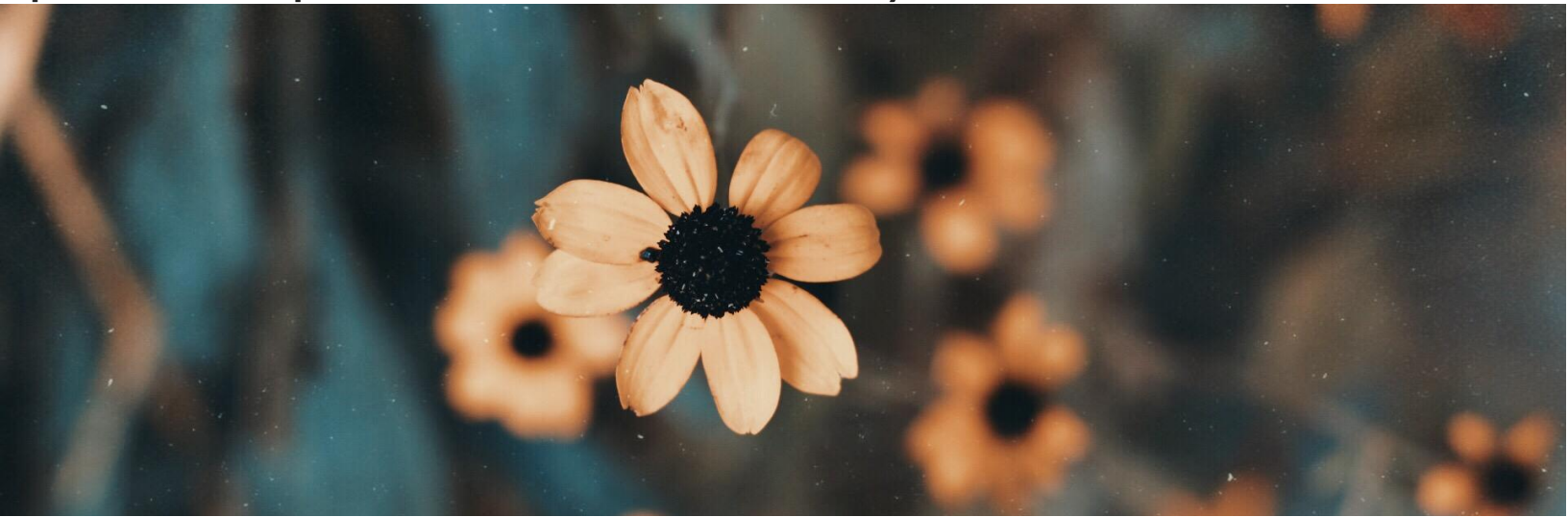


SEPTEMBER 2020

# IN THE LOOP WITH CENTENNIAL

Updates for the parents at Centennial Elementary



**For updated information for this  
school year please visit our  
District Website**

**[https://www.southeastpolk.org/  
return-learn-plan-2020-2021/](https://www.southeastpolk.org/return-learn-plan-2020-2021/)**



## **UPCOMING EVENTS**

**Sept 7th  
Labor Day No  
School**

**Sept 8th  
First Day of  
Pre-k**

# Messages from the Nurse!

**Thank you for everyone's help with being safe and supportive and communicating health concerns. I appreciate all you're doing to keep our students and staff healthy**

**Nurse Freel**



## **Reminder Check List**

**Please be sure to have all health requirements in for your student(s). This link will advise you on what's needed for all grade levels.**

**<https://www.southeastpolk.org/departments/health-services/>**

**Hello from your School Counselor! Here is some information for you or to pass on to someone close to you who may need it. This pandemic has affected all of us in multiple ways. Please reach out in ways that work best for you and your family to get support during this time. Know that you are not alone! We are all in this together and here to support each other. Below are some options for counseling support. Please contact me if I can answer any further questions or assist you or your family in other ways. I am happy to help!**

**\* Student Assistance Program (EFR - Employee and Family Resources)  
(See information below)**

**\* COVID RECOVERY IOWA offers free virtual assistance for all Iowas affected by COVID-19. Please visit this website to see the many helpful options available to you and your family at no cost.**

**<https://covidrecoveryiowa.org/>**

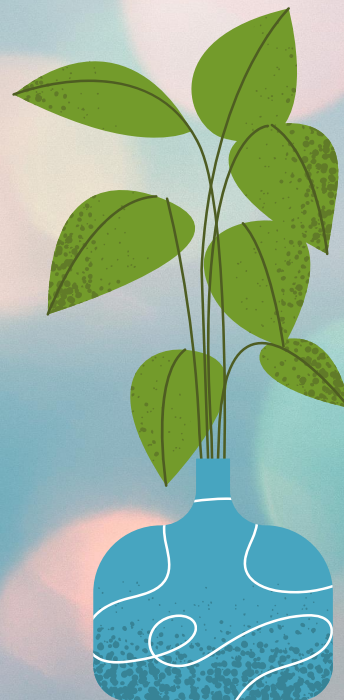
**\* If you need a referral for counseling for your child, you, or another family member, please contact me and I am happy to help you! We have access to a school based mental health clinician and can also refer to outside services.**

**THANK YOU!**

**Kara Buerger, School Counselor  
Centennial Elementary  
Southeast Polk Schools  
515-967-2109 x5106  
[kara.buerger@southeastpolk.org](mailto:kara.buerger@southeastpolk.org)**



**Mrs. Buerger**





EFA EMPLOYEE & FAMILY RESOURCES  
We're Here To Help.

# My Student Assistance Program (SAP)

## What is a Student Assistance Program (SAP)?

An SAP is here for you when you and your immediate family members are dealing with life's challenges.

You can count on your SAP for guidance and support when it comes to assessing your concerns and developing strategies for addressing any of the following:

- *School-life balance*
- *Family or relationship issues*
- *Emotional issues*
- *Alcohol and drug-related issues*
- *Other issues that interfere with your daily living, happiness, and overall well-being*

**CONFIDENTIAL**

**NO COST**

**24/7 ACCESS**

## What Does My SAP Provide?

### TELEPHONE CONSULTS

- Phone lines open **24/7/365**
- Phones answered by a **masters-level clinician**
- Make as many calls as needed (**no limit**)

### IN-PERSON COUNSELING

- Receive up to **three (3) FREE in-person counseling sessions** per year
- After 3 sessions, referral options may be provided

## How Do I Use My SAP?

It's **easy**. It's **free**. It's **confidential**.

**Call 515.244.6090**

Together, we will identify steps you can take to resolve whatever challenge life is throwing your way. We're here to help!



**I'm so very glad to welcome everyone  
back to school.**

**This year is full of changes and new  
ways of learning  
but no matter what this school year  
brings...**

**just remember we are in this together  
because we are the Centennial Family  
and there's no place like Centennial  
Elementary!!!!**



**Mrs. Waddell**