

Mrs. Rauso,
School Counselor



arauso@coltsneckschools.org

732-946-0055 ext. 4312



@MrsRausoCRES

YOU
are Awesome!



The Role of your School Counselor...



- Help with Transitioning to the Elementary School
- Provide Academic and Social Support
- Individual Counseling
- Small Group Counseling
- Infuse the Six Pillars of Character Education through School Wide Meetings
- Create School Wide Projects #CRESCARES



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HELLO AND WELCOME



Meet Mrs. Rauso...

I am excited to be your School Counselor!
Please reach out to me. I am here to help you.)
Some of my favorite things...

Spending time with my family, traveling, baking,
relaxing on the beach, and taking walks
with my dog Ruby!

I look forward to meeting you and learning about your
favorite things!

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Reading Books can be helpful!
Stop by my office to choose a book to read with me!



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My library includes books on the following topics:

Feelings

Anxiety

Friendships

Kindness ...and much more:)

Mindful Music

Music helps relieve stress and is helpful when you want to relax!

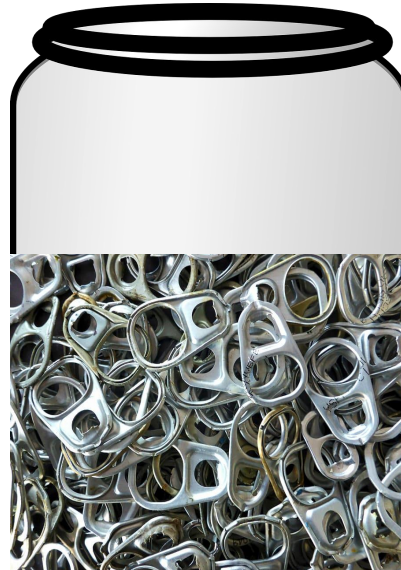
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Each year the students and staff donate aluminum can tabs to the Ronald McDonald House, Long Branch, NJ. The tabs are recycled and the money received helps defray the cost for families to stay at the RMH while their child receives medical care at Monmouth Medical Center. Donate today! The tab container is located in my office! CRES has donated over 200,000 tabs!!

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#CRESCARES

How to Make a Stress Ball



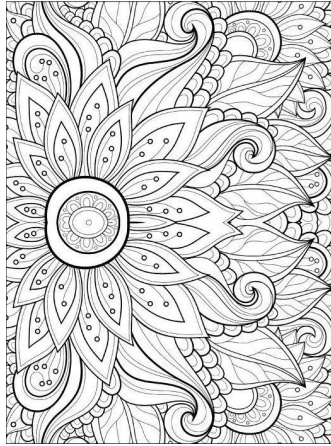
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Mindful Coloring

To color each picture on the computer, click the link under the picture, then click **"Edit & Create"** and **"Draw"** - Now you can color directly through the computer!



[Click HERE to color this!](#)



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Pinwheels for Peace

Each year the students and staff create Pinwheels for Peace. Students illustrate what Peace means to them on each petal of their pinwheel. Students display their pinwheel outside of our school to celebrate

International Peace Day on September 21st!



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How to Make Play Dough



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