



Jessica Cappeart

Director of People Services

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(920) 855-2119 ext. 5501

Hello families! My name is Jessica Cappeart. I am pleased to be entering my second school year servicing students and families of the Gillett School District. I graduated from Northern Michigan University with a Bachelor of Science in Education specializing in K-12 Special Education, Intellectual Disabilities. I also hold a Master's Degree in both Administration and Director of Pupil Services. Prior to my position in the Gillett School District, I taught in the Pulaski Community School District for 10 years as a Special Education Teacher at Glenbrook Elementary School. I have also taught in the Sun Prairie Area School District teaching 8th and 9th Grade Upper Middle School Special Education.

My husband and I are originally from the Upper Peninsula of Michigan and currently reside in Suamico with our 4-year-old daughter. Gillett's close-knit community and sense of family amongst staff is what drew me to this district. I am proud of our district, staff, and students. I am looking forward to a positive and successful 23-24 school year! I would like to mention, I will be on maternity leave from the beginning of October until January. Please feel free to reach out to Karen Huston who will be filling my role during my absence. Karen can be reached at ksmith@gillett.k12.wi.us or by contacting either our Elementary or Secondary main office.



Mental Health First Aid

News / Announcements: Mental Health Matters: Start the school year by taking care of yourself and others

Our student and staff mental health continues to be a top priority for our district. It is important to know that 35 staff members from both the Elementary and Secondary level have been trained in Mental Health First Aid.

What is Mental Health First Aid? It is an international education program proven to be effective in teaching adults how to recognize and respond to signs and symptoms of mental health and substance use challenges. The training teaches about recovery and resiliency- the belief that individuals experiencing these challenges can and do get better.

Staff members have been trained in the following areas:

- Depression and Mood Disorders
- Anxiety Disorders
- Trauma
- Psychosis
- Substance Use disorders

Staff members have been trained to intervene and provide support with situations involving:

- Panic Attacks
- Suicidal thoughts or behaviors
- Non-suicidal self-injury
- Acute psychosis (hallucinations/delusions)
- Overdose of withdrawal from alcohol or drug use
- Reaction to a traumatic event

Please feel free to reach out to our Pupil Services Department to learn more about this training and how we can best support you or your child the academic year.



Jana Garl, Ed. S.

**Nationally Certified School Psychologist
Lead School Psychologist
CESA 8**

Hello! My name is Jana Garl and I will be working with Jenna Brooks as the supervising school psychologist in Gillett this school year. This will be my 17th year as a nationally certified school psychologist! I also hold a director of special education and pupil service license. I have worked with many different students and families throughout my career and I look forward to working in Gillett!



WHAT DOES A SCHOOL PSYCHOLOGIST / DIAGNOSTICIAN DO?

School psychologists are uniquely qualified members of school teams that support students' ability to learn and teachers' ability to teach. They apply expertise in mental health, learning, and behavior, to help children and youth



Jenna Brooks

**Nationally Certified School Psychologist
Lead School Psychologist
CESA 8**

Hello Gillett Family! My name is Jenna Brooks. In my photo you will find my husband (Drew) and our daughter (Sage). This is my 7th year in education. The last 6 years I have been a School Social Worker for an elementary school. I am now excited to be working for CESA 8 as a diagnostician! I have a passion for student mental health and ensuring equitable access to education. When I'm with my family, we love camping and being outside! I look forward to serving our students and collaborating with you! Please feel free to stop in whenever my door is open or reach out if you ever have any questions! I am so grateful to be working alongside of you this school year.

and emotionally. School psychologists' partner with families, teachers, school administrators, and other professionals to create safe, healthy, and supportive learning environments that strengthen connections between home, school, and the community.



My name is Mrs. Parker, and I am the 6-12 Gillett Secondary School counselor. I earned my bachelor's in psychology at UW Madison and my master's in guidance and counseling at UW Stout. I have over twenty-five years of experience working with adolescents. Previous to my seven years in Gillett, I worked as a high school counselor in Shawano for ten years, a K-12 counselor in Gresham for three years, and in Wittenberg at the Homme Home, an adolescent, residential treatment center, for six years. As a Gillett Secondary school counselor, I have various roles including working with students and families about academic, career, and personal/ social issues.

Schedule an appointment with Mrs. Parker at the following link:

[Schedule an Appointment](#)

Jami Parker

Secondary School
Counselor

jamiparker@gillett.k12.wi.us

920-855-2137 ext. 1107

NOTE FROM THE COUNSELOR

Welcome back Gillett Secondary students! I look forward to seeing you soon and having a fantastic year!

Gillett Secondary school counseling news/ announcements:

- Gillett High School transcript: Please email Mrs. Klemens at aklemens@gillett.k12.wi.us
 - Start College Now (SCN) and Early College Credit Program (ECCP) applications: due by Oct 1st to Mrs. Parker
 - Deadline for the [Kohl's Student Excellence scholarship](#) is Tuesday, November 7
 - [The Wi Education Fair](#) : Visit with over 100 college/ military advisors this fall
 - Rule of Thumb for college application deadlines: apply online by Thanksgiving
 - FAFSA update: Application process will be open later this year- December not October
 - Upcoming Act dates: October 28 and December 9; Register at www.ACTstudent.org
 - Junior Individual/ Parent ACP Meetings with Mrs. Parker will take place in Nov/ Dec
 - ACP planning for grades 9-12 will start in late Sept/ Oct in study hall
 - Please visit Mrs. Parker's [Student Service Link](#) to see many community and academic career planning resources.
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Holly Princl

Elementary School
Counselor
4k-5th Grade

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(920) 855-2119 ext. 5213

Hello, and welcome to the new school year! My name is Holly Princl and I am the Elementary School Counselor here in Gillett. This is my 5th year here at Gillett Elementary. Prior to working here, I was a substitute teacher for a few years and worked in the mortgage business for 15 years.

I work individually with students ranging from 4 year old kindergarten all the way up to 5th grade. I also will be implementing small groups within the elementary school and middle school based on the needs of our students.

I currently teach classes at every level from 4 year old kindergarten - 5th Grade. This year classes will be conducted a bit differently. 4k and 5th grade will meet weekly, while grades 5k - 4th will meet in weekly increments throughout the school year. This is so awesome because it is new and I think the kids will really like it and get more out of our classes together.

We cover a variety of topics in my classes throughout the year and grade levels. We will cover topics like feelings and zones, bullying, careers, growth mindset, character trait lessons and many more.

Class Schedule for September and October

As noted above, this year I am trying something a little different in regards to when I meet with classes and times.

4k Classes – I meet with 4k as part of their specials rotation schedule. We meet Wednesdays and Thursdays for 25 min. Topics that we will cover: 1st day of school feelings, what is a school counselor and what do they do, feelings and zones, and coping strategies.

5k Classes - We will start the year off with our Kindergarten Social Skills. We will be learning about sharing, taking turns, how to accept NO, being flexible, transitioning, listening and following directions, and stating what we need.

1st Grade – We will start the year with our We Thinkers series. This series is used to help them develop the skills they need to be social thinkers and social problem solvers.

2nd Grade – We will start the year out with our We Thinkers Series also. They learn how to be social detectives by identifying feelings and emotions and connecting them to behaviors.

5th Grade – I meet weekly with our 5th Graders. We review what my role is here at school, we work on a self-portrait of who they are with their character and values. In Oct we will learn about the differences in bullying.

Character Strong

These are the character traits we work on during the year along with our Leader in Me curriculum:

Responsibility

Respect

Gratitude

Empathy

Perseverance

Kindness

Honesty

Courage

Creativity



This is my third year here in the Gillett Schools as the District's Registered Nurse. As a Registered Nurse, I help provide the school district with services that help protect and promote student health, facilitate optimal development, and advance academic success. I work closely with the rest of the pupil service team to collaborate and advocate for quality student-centered care, bridging the gap between health care and education. I am in the school district every Tuesday, and meeting with families and students. Even on days that I am not in school, I am always available by email.

Germ and Flu season is in full swing here at school and in the community! Please remember that hand washing with hot water and soap is best practice to stop the spread of germs. Please follow the chart below for instructions when you are questioning keeping your child home.

Emily Macha

Gillett School District
RN

emacha@gillett.k12.wi.us

(920) 855-2119

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100 degrees F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.



Oakridge Counseling Services:

In addition to our support services provided through our Elementary and Secondary Counseling Programs, the Gillett School District also offers individual or family counseling services through Oak Ridge Counseling Services. Oak Ridge counselors come to school weekly to meet students or families.

For more information regarding this service and to view our district enrollment form, please visit this link. Please feel free to reach out to Ms. Jami Parker or Ms. Holly Princl, our School Counselors for more information.

Have a great school year, Tiger Students and Families!

Please watch for our next Pupil Services Newsletter which will be distributed at the end of the First Quarter