

Wellness Team Newsletter

September 2026

We wanted to say hello to each of our families and let you know we are starting strong as a collaborative team this year! We have a lot of new and exciting plans for the year ahead. Every two months we plan to give you an idea of what those plans are and how we will support you and your students. We are excited for the 26-27 school year!

We will be using Parent Square this school year so you can receive messages and send messages to our team. The wellness team consists of Gina Onorato (School Counselor), Christa Cozzolino (School Social Worker), and Solomon McMurray (School Social Worker). Please reach out to us if we can assist you or your student in their success and well being. Ways to reach us: Gina Onorato, email: gonorato@wsesdvt.org, 802-254-3737 ext. 305, Christa Cozzolino, email: ccozzolino@wsesdvt.org, 802-254-3737 ext 315, Solomon McMurray, email: smcmurray@wsesdvt.org, 802-254-3737 ext. 310.

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Social Emotional Learning Groups (SEL):

- These are designed to provide skill building and strategies for all of our students to work in smaller groups (outside of the classroom) with the School Social Workers and the School Counselor.
 - The topics of these groups will be around relationship skills, self-management, and self awareness. Our teachers are using the 2nd step program to work on social and emotional learning with their students.
- The SEL groups are additional support that will be provided to students that need it. If you have any questions about either of these interventions please reach out to Gina Onorato, Solomon McMurray or Christa Cozzolino.
 - These SEL groups will be starting at the end of October and continue throughout the school year.

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meet the wellness team

GINA, CHRISTA & SOLOMON



GINA (SHE/HER)

(KIDS CALL ME MS. GINA)

I GREW UP IN NEW YORK
STATE AND HAVE LIVED IN
NEW HAMPSHIRE
FOR THE PAST 14 YEARS.
I ENJOY WALKING WITH
MY DOGS AND VISITING THE BEACH.



CHRISTA (SHE/HER)

(KIDS CALL ME CHRISTA)

GREW UP ON THE BEACHES OF RHODE
ISLAND, AND LIVES IN VERMONT WITH HER
HUSBAND, 1ST GRADE DAUGHTER & 1 YEAR
OLD SON!

STARTED HER PROFESSIONAL LIFE AS A SOCIAL
WORKER AFTER GRADUATING FROM MCGILL
UNIVERSITY WITH HER MSW THEN JOINED THE
PEACE CORPS (IN FIJI) BEFORE GETTING HER MED
FROM ANTIOCH IN KEENE, NH.

LOVES TO BE OUTSIDE READING, HIKING,
CAMPING OR WATCHING THE BREEZE IN THE
TREES WITH HER FAMILY.



SOLOMON (THEY/THEM)

(KIDS CALL ME SOLOMON!)

is a Floridian living in Massachusetts with their
6th grader, twin 4th graders, spouse, a fluffy
orange cat named Valencia and a grouchy giant
kitten named Artemis

graduated from Smith College School for
Social Work in 2014 and is an
LICSW in MA, NH, & VT

loves seltzer, leopard print, riot grrrl and all live
music, every cat ever!, camping,
road trips, snacks & naps

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[Click here for the AM Checklist](#) (it will ask you to make a copy) You can then edit and print the checklist if you'd like.

Getting into a routine is important.

Here is a morning checklist-feel

free to use this with your student(s)



BEFORE SCHOOL CHECKLIST

- ☐ Wake Up
- ☐ Make Bed
- ☐ Get Dressed
- ☐ Wash Face & Comb Hair
- ☐ Eat Breakfast
- ☐ Brush Teeth
- ☐ Fill Water Bottle
- ☐ Get Backpack
- ☐ Give Mom a Hug

HAVE A GREAT DAY!



Homework
Books

Don't Forget

Lunch
Water bottle



Parent signatures
Say goodbye