

October 13, 2026

Dear Roncalli parents/caregivers,

The Guidance Department is planning to offer a small group for students this semester! Here is more information on the group being offered:

Dealing with Anxiety
(led by the Social Workers)

What? Using a Cognitive Behavioral Therapy approach with resources from several workbooks and curriculums to address what anxiety looks like in the body, how to identify triggers, and how to use coping strategies

When? Wednesdays during Homeroom
starting October 28th through December 9th

Where? SLC or social workers office

Who? Anyone who wants to join!

If you give permission for your student to participate in this group, please sign below and return this form to the Guidance Department by Friday, October 23, 2026. If you have any questions or concerns, feel free to contact me with my contact information below.

God Bless,

Diana Buxton LCSW, LSSW
School Social Worker
317-787-8277 ext. 281
dbuxton@roncalli.org

Lindsay Perry, MSW, LSW
School Social Worker
317-787-8277 ext. 245
lperry@roncalli.org

I, _____ (parent/caregiver printed name), give permission for my student, _____ (print student name), to participate in a support group at Roncalli High School.

Parent Signature

Date