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Guidance and Counseling

Dear Students, Parents, Faculty and Staff,

What a wonderful year this will be! I am looking forward to serving my Collier Bees!!

As a counselor, I seek to meet the needs of students and families. The components of my guidance curriculum are listed below:

Classroom Guidance

Guidance lessons are taught to each class in Kindergarten through Fifth Grade. These lessons cover the Six Pillars of Character (Respect, Responsibility, Citizenship, Caring, Fairness and Trustworthiness) and seek to give students the necessary tools in order to lead healthy and successful lives. Other topics covered in classroom guidance include cooperation, drug and alcohol awareness, health and personal safety, self-esteem and bullying vs. mean behaviors.

Individual Planning

Individual Planning consists of the scheduling and implementation of Individual and Small Group counseling sessions based on the individual needs of students and their families. These sessions are scheduled based upon teacher referral. Topics covered in Individual and Small Group counseling are personal, vary and can often change based on student situations.

Responsive Services

Counselors provide Responsive Services in the midst of crisis or emergencies. These services are often unplanned and can occur on an immediate basis.

System Support

In System Support, counselors work directly with community agencies and organizations to better serve their students.

Making an Appointment

*Please let me know if I can assist you and your child/children. I can best be reached by email, but you may also reach me through the school office. If you would like to make an appointment, please contact the office at 221-1120. Because my schedule is quite full, making an appointment will ensure that your conference time will be maximized and utilized efficiently. If additional assistance is needed, I have outside resources that can provide long-term care.

Tips during the pandemic:

1. Talking with your kids about coronavirus.

This link is for parents. It provides information about how to speak to your students about coronavirus.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

2. Anxiety

During this time of transition, students may experience anxiety.

Please be very mindful not to place undue fear in your child over the current situation. We all want them to be safe. We need for you to work with them on washing their hands and staying safe, but they do not need to hear about all of the details related to this pandemic. Please be mindful of that when you are watching news articles and discussing things with other adults. Your child's brain is still developing. They don't process things on the level that an adult would. They need you to remain calm. Set up routines for your child while they are at home. Most children flourish with structure and consistency. My hope is that our students do not experience anxiety related to this transition.

Here are some tips for parenting a child who is experiencing anxiety:

*Pay attention to your child's feelings.

- *Stay calm when your child becomes anxious about a situation or event.
- *Recognize and praise small accomplishments.
- *Don't punish mistakes or lack of progress.
- *Be flexible, but try to maintain a normal routine.
- *Modify expectations during stressful periods.
- *Plan for transitions (For example, allow extra time in the morning if getting to school is difficult).

(Tips from Anxiety and Depression Association of America)