

COUNSELING CONNECTIONS

SEPTEMBER 2019 NEWSLETTER



OUR SCHOOL COUNSELING OFFICE WELCOMES YOU BACK TO CAMPUS!

MESSAGE FROM ADAM BURGESS, SEES SCHOOL COUNSELOR

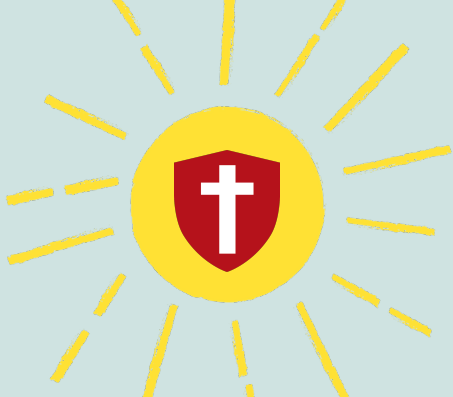


Greetings SEES families! I am excited to welcome our students back for the 2019-2020 School Year. The purpose of this newsletter is to provide SEES parents with information on how I serve the SEES students and stakeholders as your School Counselor. You might know that I'm here to provide direct services for your student(s) social, emotional and academic needs; but did you know I also help with high school transitions, executive functioning such as study skills, mindfulness, ropes courses and vocational exploration. On Mondays, I also help students write, direct and film SEES TV. My days are full, but I truly feel God's call to SEES and the wonderful staff, students and families.

As you might imagine my responsibilities look very different for each grade level, so this newsletter will provide respective divisions (Primary, Intermediate, Middle School) on the back. Before talking about services, you might ask, "When do I reach out to Mr. Burgess for help with my child?" The answer is simple - anytime you have a concern with your child's behavior that is repetitive, consistent and discomforting in nature. Children as well as teens behaviors communicate their thoughts and feelings - both good and challenging. Therefore, if there's concerning or unexpected behavior, it's good to ask Mr. Burgess. School Counseling services always care for the academic growth of the student, so the majority of Professional Counseling services are outside of my scope. The services I provide are based on an assortment of therapies but I prefer to focus on basic CBT (cognitive based therapy) through games, narrative writing, art and walking. Services provided by school counseling will be consistent throughout all grades in the following policies and procedures:

- It is the policy of St. Edward Epiphany Catholic School to obtain parent/guardian written permission for individual counseling that extends beyond two sessions. I strive to have open communication with parents while respecting the child's confidentiality. Parents can request information from me concerning counseling services provided. *Parents will always receive communication if there is possible harm to the child or others.*
- I am required by law to share information with parents and/or school administration in certain circumstances: Presenting a serious danger to self or another person. Evidence or disclosure of abuse (physically or sexually) or neglect. Threats to school security.
- Services for students include short-term individual counseling, crisis intervention, group counseling, and referrals as needed by teacher or parent. **Important:** All individual and small group counseling will have a separate consent form provided by Mr. Burgess.
- Resources for parents include information for outside Licenced Professional Counseling and release forms for the LPC to combine services inside SEES. Release forms allow me to speak directly to the LPC to help apply interventions or provide observations.

I also welcome meetings with parents to process through situations at home or school so that SEES can nurture the whole child and help them feel safe and capable in class. To close with a summarizing message: I always strive to include you, the parent, in the counseling process. We, *Team SEES*, have no better resource to reach and speak to your child's learning heart, than you! I am looking forward to this school year and GO Eagles!



SCHOOL COUNSELING SERVICES OFFERED

BY DIVISION LEVEL

PRIMARY (JK-2ND GRADE)

For Primary students, the following school counseling services are provided:

- Possible individual and small group counseling. (Based on referral and recommendations from parent or teacher)
- Once a month Guidance Lesson (minimum). For PK, K - I teach on a weekly basis while other teachers ask for units or bi-monthly lessons.
- Check in - Check Out program - Goal oriented, behavior modification program where students check in with me in the morning and afternoon to achieve reward.
- Mindful Minute - Mrs. Dart (Volunteer) and I help lead breathing exercises to start students day. This happens 1-3 times with PK-1st grade.
- Emphasis on S.E.L. (Social Emotional Learning). Ex. Feelings Lessons and Character Building Lessons
- Lunch Bunch - One of the most popular activities for Mr. Burgess! Lunch Bunch is really simple, friends breaking bread away from the usual cafeteria. During student's lunch time, 4-6 students and sometimes parents, eat in the counseling office beside the Library. Our time includes awesome conversation, game (Uno/Jenga/Trouble), lunch, and dessert (Lifesaver). This is also a great opportunity for me to build relationships with the students, which makes talking more comfortable as time moves along.

INTERMEDIATE (3RD-5TH GRADE)

For Intermediate students, the following school counseling services are provided:

- Possible individual and small group counseling. (Based on referral and recommendations from parent or teacher)
- Once a month Guidance Lesson (minimum). For 4th and 5th, I typically teach on a bi-monthly basis while other teachers ask for units or weekly lessons.
- Emphasis on Executive Functioning, Relationship Management and S.E.L. (Social Emotional Learning). Ex. Feelings Lessons and Character Building Lessons
- Game-Time Lunch! - One of the most popular activities for Mr. Burgess! GT Lunch is really simple, friends breaking bread away from the usual cafeteria. During student's lunch time, 4-6 students and sometimes parents, eat in the counseling office beside the Library. Our time includes awesome conversation, game (Uno/Jenga/Trouble), lunch, and dessert (Lifesaver). This is also a great opportunity for me to build relationships with the students, which makes talking more comfortable as time moves along.

MIDDLE SCHOOL (6TH-8TH GRADE)

For Middle School students, the following school counseling services are provided:

- Possible individual and small group counseling. (Based on referral and recommendations from parent or teacher)
- Ropes Course! This is a fun day for students to spend a full day at the University of Richmond on their beautiful ropes course. Challenge Discovery does an amazing job facilitating team building activities and helping our students build stronger relationships with each other.
- 1 Quarter Class. Part of the Middle School schedule includes 1, 40 minute class per week for 9 weeks. During this time, I focus heavily on executive functioning including study skills, emotional IQ and Relationship Management. Emphasis on Time Management, Self Awareness and S.E.L. (Social Emotional Learning). I also work with 8th graders preparing for high school during this time.
- Study Skills Elective. This class is for 6th grade students on Mondays. Students will only take the class 1 time. During this elective, students learn the basics of study skills while also having time to apply what they learn during a study hall.
- Game-Time Lunch! - One of the most popular activities for Mr. Burgess! GT Lunch is really simple, friends breaking bread away from the usual cafeteria. During student's lunch time, 4-6 students and sometimes parents, eat in the counseling office beside the Library. Our time includes awesome conversation, game (Uno/Jenga/Trouble), lunch, and dessert (Lifesaver). This is also a great opportunity for me to build relationships with the students, which makes talking more comfortable as time moves along.