

## Why School Counsellors?

PROFESSIONAL SCHOOL
COUNSELLORS HAVE A MISSION:

# Southwood Elementary School

Guidance and Counselling
Services

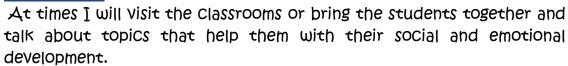
To effectively provide a comprehensive K-4 program that fosters development in academic, career, and personal/social areas. To provide students with the opportunity



to gain skills and develop their unique potential to become successful in all aspects of life.

#### There are 3 ways that Counselling services are delivered:

#### Large Group:





<u>Small Group</u>: There are times when a few students benefit from meeting together and discussing or working through specific topics, such as friendships, divorce, self-esteem or resiliency to name few.

Individual: Students may come see me voluntarily (self-referral) or teachers, principals or parents may request that students receive individual counselling.

#### A PROFESSIONAL SCHOOL COUNSELLOR HELPS WITH DEVELOPMENT IN:

#### Academic:

- Classroom support
- Goal setting
- Transitions (e.g. gr 4 gr 5)
- Study skills and organization
- Identifying strengths and
- areas for growth

#### Personal & Social Skills:

- Character education
- Respect for self and others
- Interpersonal skills
- Coping skills
- Anxiety and stress management
- Strengths and resiliency
- Classroom guidance and counselling

#### Career:

- Career Exploration
- Interests and Strengths
- Life skills

# **Professional School Counsellors believe...**

- All students can learn
- Students have unique needs and potential
- All students should have the opportunity to develop and learn in an engaging and safe environment

#### **Professional School Counsellors are...**

- Advocates for all students, their families
- Ethical and Professional
- Dedicated to creating a safe learning environment
- Knowledgeable in areas of prevention and intervention
- Caring, empathetic listeners
- Supporters of strength-based programs

### **Parent Referrals**

- Email or Call Mrs. Peters directly at 204-326-3518 or cpeters@hsd.ca
  - Contact the classroom teacher
    - Send a note to Mrs. Peters

<u>Statement of Confidentiality</u>: To Respect the rights and relationships of students, information shared with the counsellor will remain confidential with exception of student safety