

Counselor Connection

February 2019

Trinity Elementary

Mrs. McGuire



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Happy February!

I don't know about you, but January always feels like the longest month of the year to me! I am happy that we are into February and looking forward to putting these frigid months behind us!

While the weather has a mind of it's own lately, that didn't stop us from celebrating Catholic School Week appropriately! It's so fun to see the students get excited about being a Catholic school, what an honor we have to teach bright young minds in a nurturing environment that teaches to the whole student. Join me in praying the following prayer for our teachers who are so wonderful, we are so blessed to have them!

"Bless all the Catholic school teachers and help them nurture the faith of our children. Give them the wisdom to pass on their own knowledge and experience, and show our children your love. Amen".

February Guidance Lessons

This month for our guidance lessons, we will be working on empathy and celebrating our differences. Empathy can be a tough concept to grasp, but I believe that when students start to understand empathy, it can help them in so many areas, especially conflict resolution with peers. In many of the grades we will be reading stories, and discussing how the characters are feeling. I always describe empathy to students as, "if this was happening to you, how would you feel?" When students understand empathy, they are tuning into both their own emotions, and the emotions of their peers. Empathy helps build students' emotional intelligence, which is both challenging and fun to help foster. I hope your children love these lessons as much as I do, spending time with them enriches my day!

What does my School Counselor actually do?

I thought it might be a good idea to share what some of my duties are as a School Counselor. The profession has changed so much, even from when I was in Elementary School. I remember my School Counselor as this random lady I saw twice a year in the classroom, and thankfully now it's so much more than that! Being a School Counselor is an eclectic mix of roles and responsibilities and I want to make sure that students and parents know how to utilize me!

- Individual and group counseling: I have students that I meet with individually if they are going through a tough time, are struggling in school, and also to learn skills they may be lacking. I also have small groups where I meet with 3-7 students in a group during lunch to talk about many different topics (i.e. friendship).
- Classroom guidance lessons: I go into each classroom once a month to help teach social and emotional skills!
- I am in charge of the Student Resource Team (SRT), I meet with teachers weekly to discuss any students that need extra support and to develop an approach that individualized for each student.
- Behavior management: when students, "act out" in school, there is always an underlying reason and I help with both calming these behaviors and working with the student to problem solve each situation to make it better the next time.
- Lastly, I wear many hats but my ultimate job is to support each student positively, and that's the best hat of all!