

Your School Counselor is here to HELP!

Confidentiality ensures that school counselors won't share students' disclosures with others except when the student authorizes it or when there is a clear and present danger to the student and/or to other persons. The confidential nature of the counseling relationship between the counselor and student is a hallmark of the counselors' work.



Katie Healy
School Counselor
Elementary (K-5)

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Elementary School Counseling





Elementary School Counseling Program

Elementary school counselors are professionally trained and are liaisons that identify student needs, to ensure academic, personal, social and emotional success.

Students and parents should feel free to talk with the counselor to seek help or obtain information. Counselors create early awareness, knowledge and skills that lay the foundation for the academic rigor and social development necessary for academic planning and goal setting.

Students The *Elementary Counselor* Can Help You With:

- ◇ Working Well with Others
- ◇ Working Out Friendship Problems
- ◇ Feeling Good About Yourself
- ◇ Adjusting to a New School / New Grade
 - ◇ Setting Goals
 - ◇ Attendance Goals
 - ◇ Study Skills
 - ◇ Decision Making
 - ◇ Leadership Skills
- ◇ Service Learning / Volunteering
 - ◇ Managing Your Feelings
- ◇ Dealing with Peer Pressure
 - ◇ Career Exploration
 - ◇ College Exploration

Parents The *Elementary Counselor* Can Help You With:

- ◇ Understanding the developmental changes of childhood
- ◇ Improving parent-child communications
- ◇ Information to help understand your child's special needs
- ◇ Support with your child's learning
- ◇ Answering questions and dispelling myths
- ◇ Strengthen partnership with teachers, administrators, and other school personnel
- ◇ Supply reference materials
- ◇ Referrals to community services

Services Provided

- ◇ Classroom Presentations
- ◇ Individual / Group Counseling
- ◇ Parent Consultations
- ◇ Brief Solution –Focused Counseling



In Sachem, the School Counselors will be shared among several buildings. Your School Counselors will work toward helping all children have a positive and rich experience in school. Parents, your support and partnership can help make your child's school years a rewarding and valuable one.