

# École Campbelltown



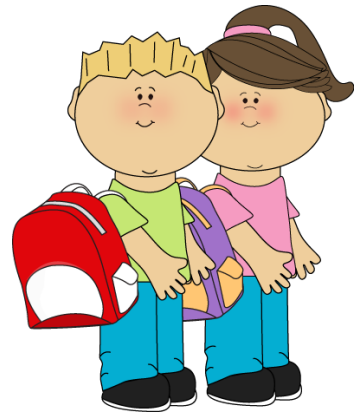
# School Counselling

## INTRODUCING THE SCHOOL COUNSELLOR

As the new school year rolls around, I always look forward to popping by each classroom to welcome back returning students and to meet new students.

During the first two weeks of September, I will be visiting each classroom. During the visit, I will review with the students my role as a school counsellor and I will discuss all the ways that I can help support them in their social, emotional and academic success.

The following information provides a brief summary of my role and the ways that I can support your child. For further information, I encourage you to visit the section **Counsellor Corner** on the École Campbelltown webpage ([campbelltown.ca](http://campbelltown.ca)) .



Your support and cooperation can make your child's school year a rewarding experience.

It is my hope that parents and students feel free to use the school counselling services provided.

**If you have any questions or concerns about the services that I offer, please do not hesitate to contact me at 780-467-5143 or by email at [shelley.boswell@eips.ca](mailto:shelley.boswell@eips.ca).**

## HOW I CAN HELP

Social-emotional wellbeing is essential to your child's academic success. I collaborate with students, parents and staff to help support your child's academic, personal, emotional and social development.

### Students, I am here to help you with:

- Solving friendship problems
- Setting goals
- Working with others
- Feeling good about yourself
- Adjusting to a new school
- Learning how to make decisions
- Managing your feelings
- Dealing with peer pressure and bullying

## WAYS I CAN HELP

- Classroom presentations
- Group counselling (for example, Zones, study skills, anxiety)
- Brief solution-focused counselling\*
- Parent consultation
- Community resource referrals
- Consultation should your child need an Individualized Support Plan (ISP) or a Behavior Support Plan

\* Please note that school counsellors do not provide long -term or traditional therapy or counselling. Referrals for outside counseling services are available for children needing more traditional therapy.

### Parents, I am here to help you with:

- Exploring ways to help your child succeed
- Making referrals for community sources
- Understanding the developmental changes of childhood

### Parents, I can also:

- Supply reference materials
- Provide information to help understand your child's specific needs.
- Explain the results of specialized assessments