

ALL SAINTS CATHOLIC SCHOOL COUNSELING PROGRAM

All Saints Catholic School has a school counselor to support the social and emotional needs of all students. The counselor provides intervention and prevention instruction, programs, and services to encourage a safe, nurturing, and welcoming environment.

What does a school counselor do?

- Helps each child be their best by teaching skills for social, emotional, and personal growth.
- Encourages respect for self and others, good decision making skills, and personal safety.
- When students are experiencing distress which makes it difficult for them to participate or focus in the classroom, I can help them to work through current concerns and find resources as needed.

The school counselor of All Saints Catholic School, is considerate that all counseling and instruction is informed by Catholic teaching and its understanding of the human person.

How do children come to see the counselor?

- **Parent referral:** Parents may request that their child come to see the school counselor by calling or sending in a note. Some reasons that you might request a meeting is if you are concerned about your child because of:
 - a difficult life event that the family is going through (for example, a loss, conflict, recent move),
 - frequent, recurrent and disruptive emotions (such as anxiety or sadness),
 - Or difficulty forming friendships
- **Teacher referral:** A teacher may refer a child to see the school counselor if he or she is:
 - in an agitated state,
 - frequently having difficulty socially or emotionally
 - regularly exhibiting emotions or behaviors that are keeping him or her from being able to focus on school
 - students involved in a bullying situation will be referred for conflict resolution and building a partnership with families to improve the environment for all involved
- **Student Self-referral:** A student may ask to come see me if he or she is regularly:
 - feeling very upset and cannot concentrate on school.
 - dealing with a difficult social, behavioral, or emotional concern
 - worried about a classmate

- **Administrative referral:** The principal may refer a student to the school counselor if they feel that the student is turning up in their office due to social/emotional issues that may be better resolved in counseling than through discipline.

What does counseling look like?

There are three types of counseling that the school counselor provides in the school setting: individual, group, and classroom instruction.

- **Individual:** students who are very upset or having a difficult time solving a social problem can visit the counselor and tell the counselor what is wrong; the counselor and the student will then find various solutions to help the student get back to doing what all children want to do: learn and play.
- **Group:** for students to support each other through difficult life circumstances and in learning social and emotional skills:
 - grief
 - conflicts
 - family stresses
 - social skills
- **Classroom instruction:** this environment is especially conducive for providing prevention programs that address the needs of all students:
 - Bullying
 - Virtue formation
 - Social Skills
 - Coping skills
 - Problem solving strategies