

COUNSELOR'S CORNER



RACHEL FULLERTON

At English Landing all day every day!

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Room 216 (1st grade hallway)

CLASSROOM VISITS

- Focus on social/emotional, academic and career development
- Counselor Introductions:
 - K, 1, 2: Aug 22-26
 - 3, 4, 5: Aug 29-Sept 2
- Units will continue in 3 week rotations as follows:
 - Skills for Learning, Emotional Regulation, Problem Solving, Child Safety
 - I have placed a list of dates in your mailbox

Hey team! Please stay in the room while I teach so that you can reinforce the lessons and language after I leave.



SCHOOLWIDE TIER 1 SEL SUPPORTS

- Morning Triage Using Zones of Regulation
 - Please see me if you need ideas for a daily morning check-in system!
 - Let me know if you need a printed visual of the Zones
- Calm Corner
 - Don't forget to teach your class how to use the tools! If they are not here in time for the PBIS Bootcamp lesson, it can be taught at a later date
 - Power Plan Strategies will again be taught on the announcements in Oct/Nov
 - Let me know if you need the poster of the strategies for your calm corner
- Stop Walk Talk
 - Review adult responses to reinforce SWT (in mailbox and attached)
 - Please give me a copy of think sheets that meet bullying criteria



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INDIVIDUAL & SMALL GROUP COUNSELING

ONGOING COUNSELING

- Teachers, administrators and parents may refer students for counseling.
 - Simply call or send me an email.
- Typically lasts for 6-8 sessions.
- Throughout the process and at its conclusion, we will contact parents and make outside referrals if necessary.



- Organization/ Academic Skills
- Anxiety/Stress
- Friendship/Social Skills
- Anger/Self-Control
- Cognitive-Behavioral/Positive Thinking Strategies
- Coping with Transitions, Family Difficulties, Death, etc.



ONE-TIME VISITS

- Teachers can call or email as needed.
- Students can leave a note in the mailbox outside my office
OR
- Use the student self-referral form on my website (3rd-5th grade).

EMERGENCY VISITS

Contact me immediately if you suspect abuse, neglect, or suicidal thoughts. Remember that we are all mandated reporters and should take all statements seriously.



STOP WALK TALK ADULT INTERACTION

1. Thank the child for coming to you
2. Ask the who, what, when, where
(Ensure the student's safety. Is the bullying still happening?)
3. Ask if the child said "stop"
4. Ask if the child "walked away" calmly

If no

If yes

*Practice the stop sign with the student:
Confident, eye contact, firm voice

*Discuss where the student can walk away

Initiate the following interaction with the perpetrator:
"Did ____ tell you to stop?"
"How did you respond?"

"Did _____ walk away?"
How did you respond?"

Practice the 3 step response (Listen, Take a deep breath, Go one with your day)

Did the student meet the characteristics of bullying?

1. Repeated Bullying Behavior
2. Imbalance of Power
3. Intent to Harm

If no

If yes

*Peer mediation
*Appropriate consequence
*Reinforce other strategies
(I Statement, Agree, Stay Away, etc)

