

# KAMIAKIN MIDDLE SCHOOL

## School Counseling Newsletter

### Welcome Back

Thank you for your interest in our newsletter, this is our first one and we are excited to connect with you! Liz Biell and Melissa Pierson are the Kamiakin School Counselors. This is Liz's 10th year and Melissa's 6th year at Kamiakin. We are so grateful to have the opportunity to serve and support your children, we love our jobs!

### In This Edition

In this newsletter you will read about:

- The values and beliefs of our counseling department
- A brief overview of our comprehensive school counseling program
- Data from our annual needs assessment
- A brief summary of upcoming for Quarter 2

### Counseling Staff

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## Values and Beliefs

### Vision

All Kamiakin Middle School students possess the skills and resiliency needed to achieve academic, career, and social emotional success in order to reach their fullest potential

### Mission

The mission of Kamiakin Middle School's counseling program is to provide equitable access to a data informed comprehensive school counseling program that helps students achieve their fullest potential. In partnership with stakeholders, the school counseling program helps all students become academically prepared, socially responsible, and ready for post-secondary opportunities.

# KAMIAKIN'S COMPREHENSIVE SCHOOL COUNSELING PROGRAM

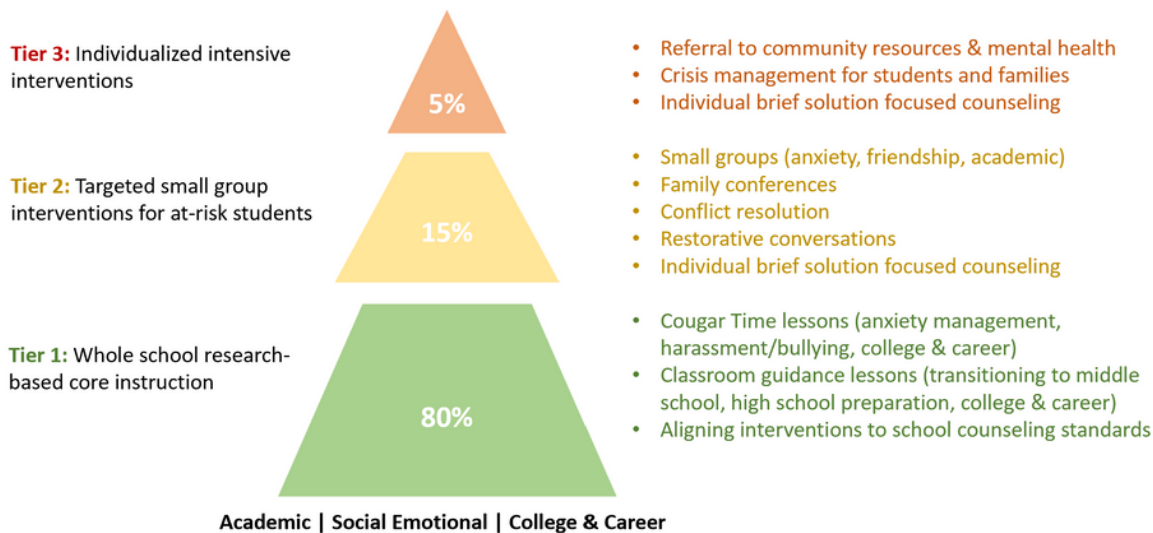
## The School Counseling Program

Kamiakin school counselors support the academic, career, and social emotional development of all students. Below is a list of some examples of how school counselors support students:

- Orienting students to new school settings
- Provide classroom guidance to all students
- Counsel students individually and in groups
- Conduct conferences with families and school staff
- Refer students to special programs and resources

School counselors provide interventions through a tiered system of support (image below). All students receive the benefits of a school counseling program (Tier 1) with targeted interventions for students who need them (Tier 2) and intense interventions for a small segment of the student population (Tier 3).

### Kamiakin Comprehensive School Counseling Program Tiered Interventions of Support



## Family's Role in the School Counseling Program

You, the parent, guardian, and caregiver, are the most important resource for the school and school counselor. Your involvement is critical in helping your child be successful. You are the expert on your child and your input is invaluable. Studies have shown that students will have greater academic achievement when the school and family partnership is strong. Here are some examples of when families may reach out to their child's school counselor:

- Understanding how their child is doing at school
- Academic changes at home or school
- Behavior changes at home or school
- Connecting to community or school resources

# DATA SPOTLIGHT

## ANNUAL STUDENT NEEDS ASSESSMENT

### Needs Assessment

Students participated in the annual needs assessment on October 13th. The purpose of the needs assessment is to understand student need and create interventions based off identified needs. On the needs assessment, 57 students identified interest in checking in with their counselor, all students were followed up with within a week.

Below are a few findings from the needs assessment. If you are interested in seeing the results from the needs assessment, **please visit the Kamiakin Counseling Website.**

#### Observations

The majority of students feel connected to each other. Counselors will be working with students who disclose they are not feeling connected.

#### 3. How connected do you feel to the other STUDENTS at Kamiakin?

[More Details](#)

Not at all Connected	14	✓
Slightly Connected	100	
Somewhat Connected	287	
Very Connected	156	

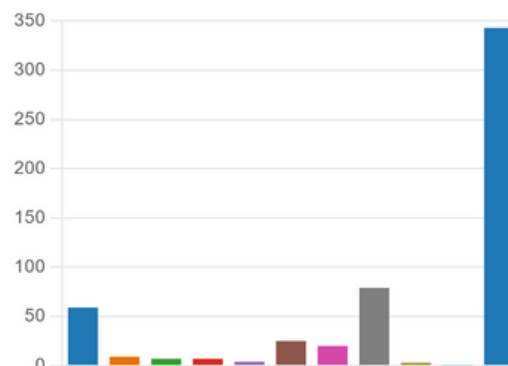


#### 12. The following list contains common topics that students may need help with. Choose the area you need the MOST help with this year.

[More Details](#)

[Insights](#)

Making and maintaining friends	59
Being teased or bullied	9
LGBTQ+ resources	7
Handling sadness over the death of a friend	7
Dealing with parental divorce or other family issues	4
Dealing with my anger	25
Feeling sad or depressed	20
Feeling stressed, worried, or having anxiety	79
Saying no to drugs, alcohol, vaping, etc.	3
Dealing with my friends' and/or family issues	1
I don't need any help at this time	343



#### Interventions

Based off what students reported, the counseling department will offer the following small groups:

- Anxiety
- Depression
- Friendship
- Anger

# DATA SPOTLIGHT

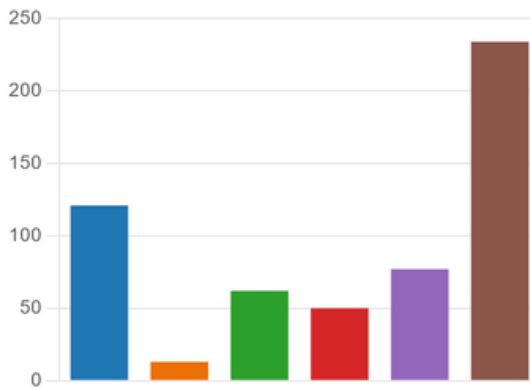
## ANNUAL STUDENT NEEDS ASSESSMENT

14. ACADEMICS: My MOST important need for academic support is (Choose one from below):

[More Details](#)

[Insights](#)

Time management, organizatio...	121
How to use technology (laptop, ...	13
Taking notes and study skills	62
Taking tests and/or managing te...	50
Getting help when I am struggli...	77
I don't need any help at this time	234



### Interventions

Based off the categories students identified, we will work together as a staff to develop building wide strategies for academic support.

## UPCOMING SCHOOL COUNSELING INTERVENTIONS

### November

- 6th grade cougar time lessons
- Small groups

### December/January

- Wrap up small group
- Resources for break
- 6, 7, 8th grade registration (elective requests) for the upcoming 2023-24 school year.

