

KAMIAKIN MIDDLE SCHOOL

School Counseling Newsletter

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.

In This Edition

In this newsletter you will read about:

- A request to complete survey
- Introducing additional counseling staff
- Counseling interventions offered this school year

Parent Survey

Kamiakin school faculty would like your input on **this survey** to create programs to inform our Cougar Time (homeroom) curriculum. In Cougar Time we work to meet the needs of our students and help them grow socially. Your input and perspective is valuable to understanding what topics are most beneficial for your child.

KAMIAKIN'S COMPREHENSIVE SCHOOL COUNSELING PROGRAM

Counseling Center Staff Introductions

Our counseling department is growing and we want to introduce you to all the members of our team!

Gabriella Shapiro – Mental Health Counter, Youth Eastside Service

Gabriella.shapiro@youtheastsideservices.com

Hi there! My name is Gabriella Shapiro, I am the Youth Eastside Services Counselor working full-time at Kamiakin. I am a licensed, co-occurring counselor here to support students with mental health and substance use concerns. I provide services to students individually as well as in groups. Right now, I am looking for students who may be interested in joining an anxiety and depression skills-based group this Spring. I would love to hear from you or your child if you would like more information or to sign up!

Cyrus Malapajo – Communities in School

C-cmalapajo@lwsd.org

As a contracted staff member through Communities In Schools, Cyrus's role at Kamiakin revolves heavily on working with students and families to provide mentorship, as well as help access and connect to community supports and basic resources in order to alleviate challenges and barriers to social inequality and academic success. It is his goal to not only help access these resources for our Kamiakin families, but to also help establish ongoing, streamlined programs that can be easily accessible throughout the school year.

Vincent Ngo – Family Engagement Specialist

vngo@lwsd.org

Vincent's main responsibility is to provide support to the students and families who primarily speak Spanish and Portuguese. He helps with facilitating communication between new students and the school community both inside and outside of the classroom. Vincent takes pride in serving as a mentor to these students, providing them with guidance and support whenever necessary. Additionally, he plays a key role in helping families gain access to various resources available through LWSU, the city of Kirkland, and Washington state.

INTERVENTIONS

ANNUAL STUDENT NEEDS ASSESSMENT

Fall/Winter Interventions

This year we have offered students a variety of interventions from individual counseling, to classroom guidance lessons. Below are some topics and supports we have offered this year.

- Calm Lunch - Students have access to a quiet place to eat lunch supervised by the counseling department.
- Guidance Lesson Topics – Writing goals, overview of mental health, registration
- Group Topics – Friendship, connections, anxiety, depression

Upcoming Interventions

Below are additional interventions that will occur throughout the school year:
Guidance lesson topics: College and career (Xello), suicide prevention,
Groups: Coping with anger, anxiety, depression

- If you would like your child to participate in a group, please reach out to Liz Biell, Melissa Pierson, or Gabriella Shapiro



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