

# Coffee with the Counselors

## Today's Topic: The School Counselor's Role



# What is a School Counselor?

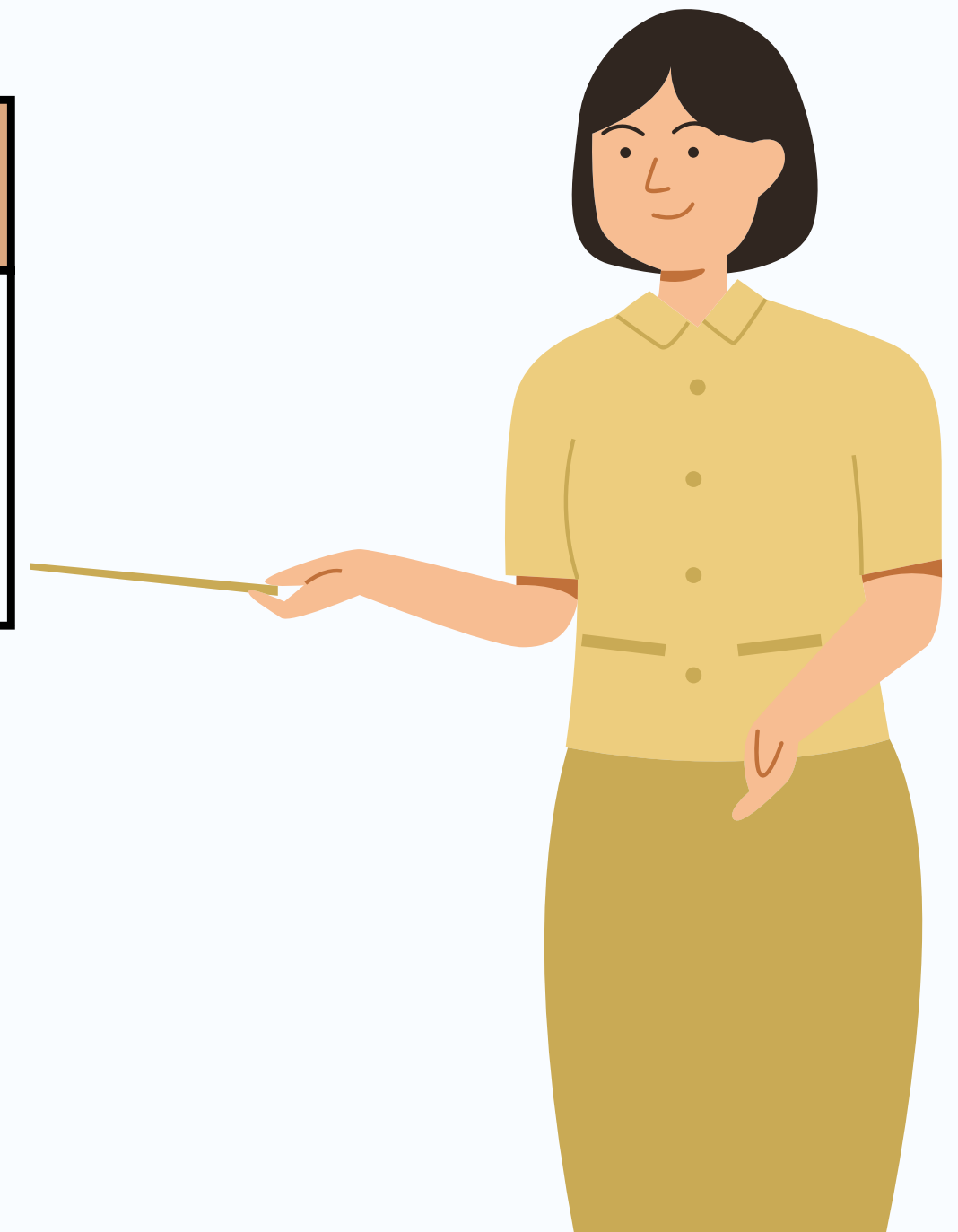
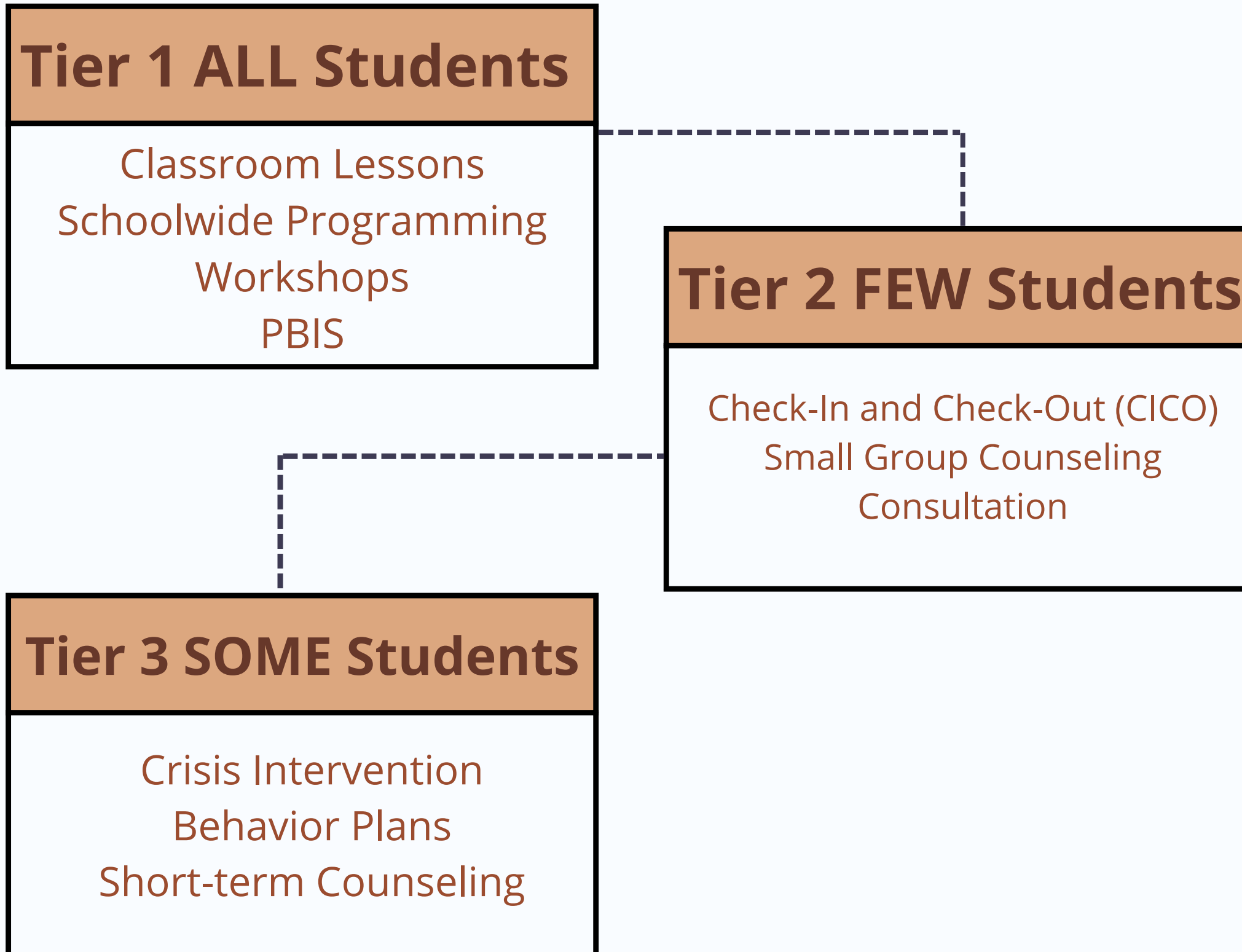
**School counselors help ALL students be successful in school and life by proactively developing social, emotional, and academic skills plus collaborating to remove barriers to their growth.**



# A School Counselor



# School Counselor's Role





# Classroom Lessons

Second Step Elementary is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, including growth mindset, goal-setting, emotion management, kindness and empathy, and problem-solving.





## KINDER SECOND STEP LESSONS



Hello Franklin Families!

We are partnering with teachers to teach social emotional class lessons this year. We will be sharing newsletters for each Second Step Unit so that you can help us reinforce the lessons at home!

Sincerely,  
Mrs. Perera  
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Franklin Counseling  
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**AUG 22- SEP 19**

**UNIT 1: GROWTH MINDSET AND GOAL SETTING**

The goals of this unit include students being able to: focus attention, recognize that attention helps us learn and stay safe, improve skills with practice and effort, understand that mistakes are part of learning

**Lesson 1: We Watch. We Listen. We Think**  
**Summary:** In this week's lesson, your child will learn that paying attention means watching, listening, and thinking carefully about something. They practice different ways of showing they're paying attention.

**Try This at Home:** Ask your child to show you how they can pay attention, for example, when you are reading a story with them or explaining how to do something.

**Imagine Neighborhood:** Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 3: **Shake Your Monkeys**.

**Lesson 2: Why We Pay Attention**  
**Summary:** In this week's lesson, your child will learn two important reasons for paying attention: to learn and to stay safe.

**Try This at Home:** Ask your child why they think it's important to pay attention during different activities, for example, when listening to information or instructions, when helping out with a task, or when crossing the street with you.



## FIFTH GRADE SECOND STEP LESSONS



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**AUG 22 - SEP 19**

**UNIT 1: GROWTH MINDSET AND GOAL SETTING**

The goals of this unit include students being able to: identify a personal goal and make a plan to reach the goal, monitor progress and identify roadblocks, modify a plan to move or work around roadblocks, reflect to inform future goals

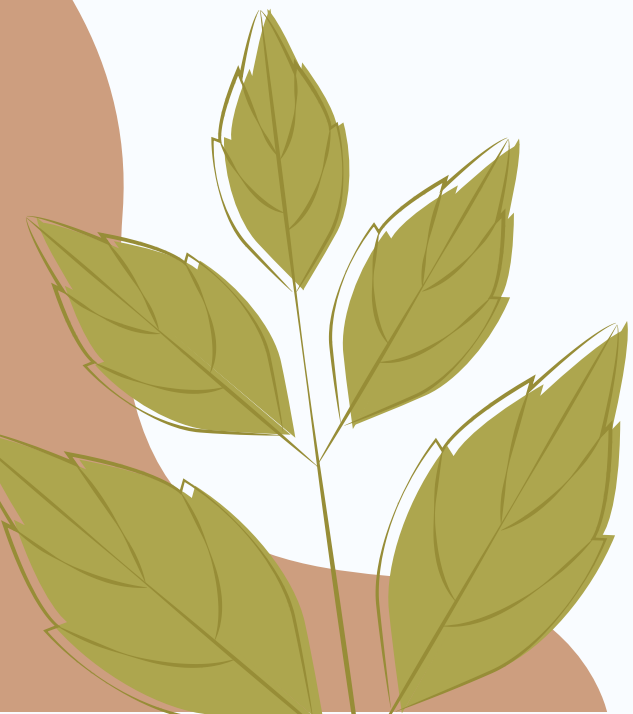
**Lesson 1: The Right Goal for Me**  
**Summary:** In this week's lesson, your child will learn how to set a goal that's right for them. A goal that's right for someone is specific, challenging, doable, and motivating.

**Try This at Home:** Ask your child what their goal is and how they know it's right for them. Encourage them to describe why it's motivating to them. Talk to your child about a goal you reached in the past and why you chose that goal.

**Lesson 2: My Plan**  
**Summary:** In this week's lesson, your child will learn how to make an effective plan to reach a goal.

**Try This at Home:** Ask your child about their plan to reach their goal. What will they do? What will they need? Talk to them about how you can support them as they work toward their goal.

# Small Group Counseling



# Individual Counseling



Life Changes	New Emotional Dysregulations	Endless Topics
Divorce	Anger	Self-Esteem
Death	Worries	Self-Confidence
Family Illness	Sad	Executive Functioning

# How do we identify students?

**Underperformance  
in Achievement**



**Overrepresentation  
in Discipline**



**Higher  
Absenteeism**





# A School Counselor Does Not

Have a magic  
wand to fix all  
problems.

Work only with  
"Bad Students"

Discipline or  
punish students.

Do Long-Term  
Therapy

Judge what  
students  
or family  
share

Break  
Confidentiality  
(Need to know  
basis)



# A Look Ahead

- September is Attendance Awareness Month
- Healthy Mind Week (6-9)
- 4th and 5th Grade Friendly Helper's Begin
- The week of 9/24 will kick off our Second Step Bullying Prevention that will lead us into RRW
- Our Next Coffee with the Counselors will be on October 25th



# FACE Liason

*(Family and Community Engagement)*

1. Family Engagement
  - a. ELAC, SSC, PTA, AAPAC
2. Community Resources
  - a. Pantry, Clothing, etc.
3. Chronic Absenteeism
  - a. 180 days of school
  - b. 10% missed days (18) = chronic



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I am at Franklin on Tuesday's

