



SCHOOL COUNSELING

Programs & Offerings

2023/24 School Year

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Athol's school counseling program supports the academic and emotional/behavioral growth of all of our students. A range of services are available to benefit the needs of each student including: individual counseling, group counseling, crisis intervention, family support, classroom guidance lessons and community resource information.



Classroom Guidance Lessons

Classroom Guidance Counseling Lessons

The Lakeland School District has adopted an evidenced based, bullying prevention curriculum. These lessons are presented by the school counselor in the classroom and are designed to enable students to be successful at school, promote safety and help to foster a school community of kindness.

The guidance counseling program also provides Personal Safety Lessons, which cover an array of personal safety issues. Topics include: stranger danger, 911, fire safety, gun safety, safe touch and unsafe touch, and internet safety. The personal safety lessons encourage children to say “no” and tell an adult. Parents are welcome to review the Personal Safety curriculum before its presented, and can choose to have their child “opt” out of this lesson if they prefer. Personal Safety Lessons begin towards the end of October-November. Students must have permission slips signed to participate in the guidance counseling and personal safety lessons.

Parents/guardians are welcome to review the curriculum at any time. Please feel free to contact Ms. Hamilton at heather.hamilton@lakeland272.org



Individual/Group School Counseling

Individual/Group Counseling will begin by the end of October. My hope is that this gives us enough time to identify students in need of more support. Group topics vary depending on the students' needs. Once groups start, they occur once weekly during lunch time for the remainder of the school year.

I will have group participants bring lunch to my room, using both lunchtime and lunch recess for group. Group placements are developed according to grade/developmental level and individual needs. If you are interested in having your child participate in individual/group counseling to help improve your child's functioning at school, please email me and let me know what your concerns are.

In order to participate in ongoing individual/group school counseling, students will need a permission slip signed by their parent/guardian. Unfortunately, I cannot guarantee counseling individual/group counseling placement for every referral, as placement is based on various factors and availability.

Tips for Returning to School

- Starting school is extremely exhausting for most children. Prepare that your child will likely be more emotional, due to exhaustion.
- Try to minimize after school activities when students return to school from summer break, as your child is adjusting to their new routines. Remember, even positive changes are stressful.
- It will take 2-3 weeks for a child to acclimate to their new routine.
- Try to make sure your child is getting adequate sleep, and is having some time to rest.

Mental Health Counseling

Disclaimer, this list doesn't include all providers in our area. This is merely some information to assist you. Lakeland School District doesn't endorse any specific practice or practitioner. You will still need to verify your mental health insurance coverage with the below agencies. The below providers accept private insurance, & Medicaid. * For a more comprehensive directory please visit your insurance providers website and search the online provider directory.

Empowered Through Play
560 W Canfield Ave Suite 300, Coeur d'Alene, ID 83815
Phone: 208-758-7111

Cultivation Counseling
211 Coeur D Alene Ave, Coeur d'Alene, ID 83814
Office: (208) 699-6817

High Roads Human Services
7905 N. Meadowlark Way, Coeur d' Alene, ID 83815
Office: (208)772-3116
Fax: (208)772-7677

Kaniksu Health Services
Ponderay
30410 Hwy 200
Ponderay, ID 83852
(208) 265-6252

Priest River
6509 Hwy 2
Priest River, ID 83856
(208) 448-2321



Crisis Resources:

Region One Mental Health

- Crisis support for children & adults
- 24 hour phone response
- Phone: 208-769-1406

Children's Village:

- Serving girls birth-18 yrs old, boys birth-13 yrs old
- Crisis respite services available to youth
- Phone: 208-667-1189

2-1-1-

- Call 211 The 2-1-1 Idaho Care Line is a free, statewide community information and referral service, and is a program of the Idaho Department of Health and Welfare. Our comprehensive database includes programs that offer free or low-cost health and human services or social services



Boots & Socks

Each year Windemere Coeur d' Alene Foundation and Payless shoes team up to provide Boots & Socks for local, needy children. Each school submits a list with a maximum of 20 elementary school children who need assistance. Vouchers are typically distributed in October. Please contact Ms. Hamilton if you are in need of this program.

Holiday Assistance

Every year, community donors provide holiday assistance to families in need, this includes providing holiday meals and Christmas presents. Please contact Ms. Hamilton if you are in need of assistance.

Shop with a Cop

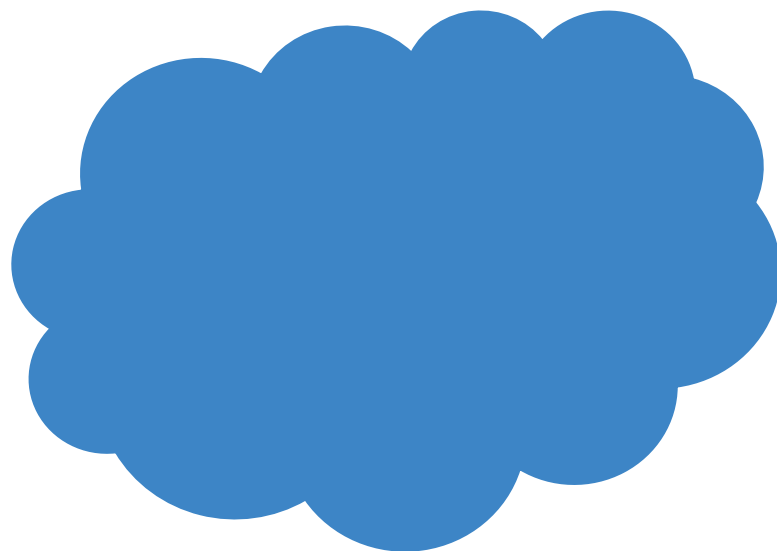
Every year, local law enforcement selects 1-2 children from each school to go holiday shopping.

Friday Kids/Backpack Program

Athol Elementary's Backpack Food Program provides nutritious, non-perishable, easy-to-prepare food to children to ensure they get enough food on weekends and holidays when they can't depend on school meals to avoid hunger. Students pick up their backpack food on Fridays, and sometimes on Thursdays. Students identified for the backpack program will have an application sent home and a waiver that will need to be signed and returned by a guardian in order to participate.

Clothing Closet

Athol Elementary has a clothing closet, which consists of a wide variety of clothing items, shoes, socks, backpacks and school supplies. If you are in need, please reach out to Ms. Hamilton by email at heather.hamilton@lakeland272.org or through Class Dojo.



The Athol Student Jobs Program

The Athol Student Jobs Program will occur again this year for 5th grade students. The jobs program is designed to foster a sense of school community and help students build positive relationships. The student jobs program typically begins the first week of October. In the meantime, temporary student jobs may be assigned to assist, such as bus helpers for kindergarten helpers.

Students will receive a job application and job opening list. Students are required to have a parent/guardian signature and recommendation to participate. We do our best to accommodate student job preferences. We always welcome your feedback and greatly appreciate your child's participation!

Thank you,

Mrs. Thomas & Mrs. Hamilton, School Counselor

