

MEET YOUR SCHOOL COUNSELOR!

Your student's counselor is:

MS. BRIANNA DIRNBECK



**Brianna
Dirnbeck**
School Counselor

Phone:
610-351-5830
Email:
dirnbeckb@parklandsd.net

She is in the building Monday
through Friday and can be reached
between the hours of 8:30 AM and
3:30 PM .

AT-HOME HELP



Parkland C.A.R.E.S. Food Pantry

Food pantry to feed and serve every member of our community affected by and suffering from hunger. Food distribution dates, times, and locations are updated on the website linked below. Phone Number: 484-707-1133 Address: 5074 Kernsville Road, Unit #4 Orefield, PA 18069 Email: inquiry@parklandcaresfp.org Website: <https://parklandcaresfp.org/>



Low-cost Wifi for Qualifying Households

This program helps ensure that households can afford the broadband that they need for work, school, healthcare, and more. More options for Wifi are available on the Parkland School District Student and Family Support Webpage, linked on the first page. ACP Support Center: 877-384-2575 What Is It/Who Qualifies: <https://www.fcc.gov/acp> How to Apply (Affordable Connectivity Program): <https://www.affordableconnectivity.gov/ipiscing elit>.



Lehigh Valley Family

This is a print and online magazine that offers information for families. Their website holds articles about topics families are concerned with, fun things to do and places to go, craft ideas, kid-friendly recipes, resources, and more. Contact them at the bottom of this page: [https://lehighvalleyfamily.wordpress.com/about/](https://lehighvalleyfamily.wordpress.com/about/General Website:) General Website: <http://lehighvalleyfamily.wordpress.com/>

INTRODUCING THE SCHOOL COUNSELOR



ABOUT SCHOOL COUNSELING

School Counselors:

- Provide and carry out a comprehensive school counseling program, focusing on the three standards (Academic, Career, and Personal/Social) adopted by the American School Counselor Association (ASCA)
- Have at least a Master's Degree in School Counseling or equivalent hours and courses for this degree
- Have knowledge and understanding of childhood development, therapeutic concepts, and interventions.

HOW CAN A STUDENT SEE THEIR COUNSELOR?

- Self-referral or drop in
- Appointment made by the counselor
- Parent referral
- Administrative referral
- Teacher/staff referral
- Referral by friend(s)
- Small or large group counseling
- Classroom instruction

WHY CONTACT THE SCHOOL COUNSELOR?

- Home related concerns, difficulties, or changes
- New student
- Discuss special needs
- Social/peer related concerns
- Request outside resources for student or family
- Any academic, social, or emotional concern!

and much more!

PLEASE NOTE:

You are always welcome to leave a voicemail on the counselor's phone or send an email. She will be sure to get back to you as quickly as possible, generally the same day or day after.

Please allow sufficient time for response from your counselor for general concerns, as they may not always be available.

Should there be an emergency, please notify the office staff and they can inform the counselor.

COUNSELING HELPS CHILDREN:

- Understand and accept themselves better
- Cope with family changes
- Develop decision making and problem solving skills
- Feel safe in their school environment
- Learn anger management, conflict resolution, and interpersonal skills
- Explore careers in relation to their own interests and abilities
- Prepare for secondary educational environments
- Cope with social and emotional situations
- Identify and overcome academic challenges