



**T.R. Simmons Elementary School : 205-387-2535**

**Counselor: Cathy Jones, [cjones@jasper.k12.al.us](mailto:cjones@jasper.k12.al.us)**

My name is Cathy Jones, and I am honored to serve as the school counselor at T.R. Simmons Elementary School. In my role, I work closely with students, families, and staff to support the social, emotional, and academic development of our young learners.

Each week, I have the privilege of meeting with all kindergarten and first-grade students for a 30-minute guidance and counseling session. During this time, we explore a variety of age-appropriate topics that help students build important life skills such as emotional regulation, friendship building, problem-solving, and making responsible choices. These sessions are an important part of our school's commitment to nurturing well-rounded, confident, and caring students.

In addition to classroom guidance, I also provide individual and small group counseling for students who may need extra support. These sessions offer a safe and supportive space where students can talk about their feelings, work through challenges, and learn coping strategies tailored to their unique needs.

Beyond direct student services, I assist with other important responsibilities at our school, including helping to register new students, developing and maintaining 504 plans, and coordinating referrals for additional mental health services when needed. I also help lead school programs such as the *Kind Vikes Club*, which promotes kindness and positive behavior, and *First Priority*, a student-led faith-based group.

I also work closely with parents and guardians to connect families with valuable community resources. Whether you are looking for counseling services, family support programs, or other local resources, I am here to help guide you in the right direction and ensure your child and family receive the support you need.

I am passionate about helping every student feel valued, supported, and empowered to succeed. If there is any way I can assist you or your child, please don't hesitate to reach out.