

# Meet your school counselors!

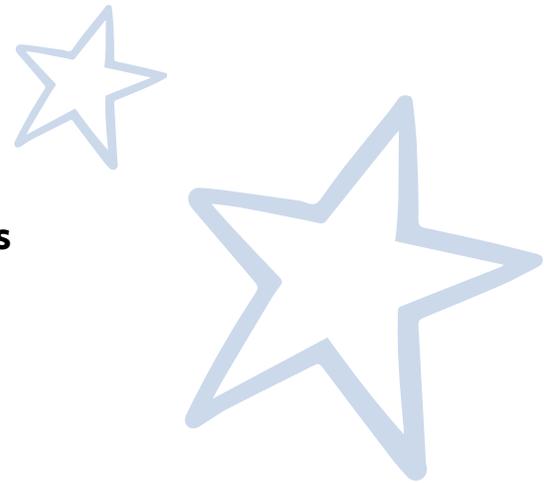


**Ms. Fisher and Ms. Cochran are your NKES school counselors! We each seek to support your student in a professional and caring manner with the goal of helping them succeed in school.**



**Here are a few reasons students see a school counselor individually or in small groups:**

- **worried about something**
- **want help solving a problem**
- **having trouble with a friend**
- **confused about schoolwork**
- **organizational habits**
- **adjusting to big changes in life**
- **saw something they are concerned about**
- **feeling anxious, angry, or managing other big feelings**
- **new siblings**
- **goal setting**
- **loss**
- **coping strategies**



**School counselors can help students to help themselves, or guide you to resources you need for your student or your family, without judgement.**

**Feel free to contact us!**

**Phone: Ms. Fisher (ext. 9606) or Ms. Cochran (ext. 4360)**

**Email: Ms. Fisher ([lfisher@nkcps.k12.va.us](mailto:lfisher@nkcps.k12.va.us)) or Ms. Cochran ([scochran@nkcps.k12.va.us](mailto:scochran@nkcps.k12.va.us))**

You can support your student and the school by utilizing our resources in your home! We use The Zones of Regulation curriculum, as well as Kelso's Problem Solving Wheel, to help identify emotions and manage conflicts peacefully.

Let us know if you want like a set of the posters as seen here!

BLUE	GREEN	YELLOW	RED
			
<b>Moving Slowly</b> sad tired shy okay bored sick	<b>Ready to Learn!</b> good happy calm alert focused positive	<b>Distracted</b> scared excited silly worried annoyed frustrated	<b>Out of Control</b> angry mean mad furious yelling aggressive
			

**How can I help myself?**  
 eat a snack    go for a walk    drink water    count to 10    reset area  
 fidget bin    talk to an adult    stretch    deep breaths    draw

