SACRAMENTO COUNTRY DAY SCHOOL

Our Commitment:

Sacramento Country Day's school counseling program is designed to support the academic and social-emotional development of every student. Our School Counselors work collaboratively with students, families, teachers, and administrators to create a safe, respectful learning environment where all students can thrive.

Professional School Counselors:

Our School Counselors, **Courtney Doyle** (Lower School) and **Kelly Clancey** (Middle & High School), are uniquely positioned to understand the whole child—their academic abilities, interests, social/emotional needs, challenges, and strengths. Our School Counselors hold Master's degrees in Counseling and have earned licensure as Marriage and Family Therapists. Ms. Clancey additionally holds a Pupil Personnel Services (PPS) Credential in California.

Our team maintains ongoing professional development to stay current with educational best practices, child and adolescent development, and current trends facing today's students. They uphold the ethical and professional standards of the American School Counselor Association (ASCA).

Lower School Counselor
Courtney Doyle
cdoyle@saccds.org

Middle & High School Counselor
6th & 7th Grade SEL
Kelly Clancey
kclancey@saccds.org

Classroom Instruction & SEL Curriculum:

Our school counselors deliver evidence-based Social-Emotional Learning (SEL) instruction aligned with ASCA Student Standards and the CASEL framework from Pre K through 8th grade.

Lower School uses Zones of Regulation (Pre-K–1st grade) facilitated by **Stephanie Castillo** (Pre-K), and Second Step (2nd–5th grade) led by the School Counselor, which supplements our Responsive Classroom core approach, led by teacher **Maura Perotti**.

Middle School continues Second Step, organized into four units: Mindsets & Goals, Developing a Positive Sense of Self, Thoughts/Emotions & Decisions, and Managing Relationships & Social Conflict. This progression helps students build emotional awareness, goal-setting, empathy, and healthy decision-making skills.

In High School, we build on the foundational life skills introduced in middle school. Our counseling staff and teachers reinforce strategies for managing stress, cultivating healthy relationships, developing self-awareness, navigating academic demands, and exploring interests that spark lifelong learning. By connecting students to these proven coping mechanisms and available resources, we help them become more resilient and self-directed learners.

SEL is taught by our School Counselors (Pre-K–7th grade) and teacher **Rory Tira** (8th grade), who has experience in middle-to-high school transitions. Through this systematic instruction, students develop the mindsets and behaviors necessary for academic and personal well-being.

Inspiring discovery since 1964.

Sacramento Country Day School
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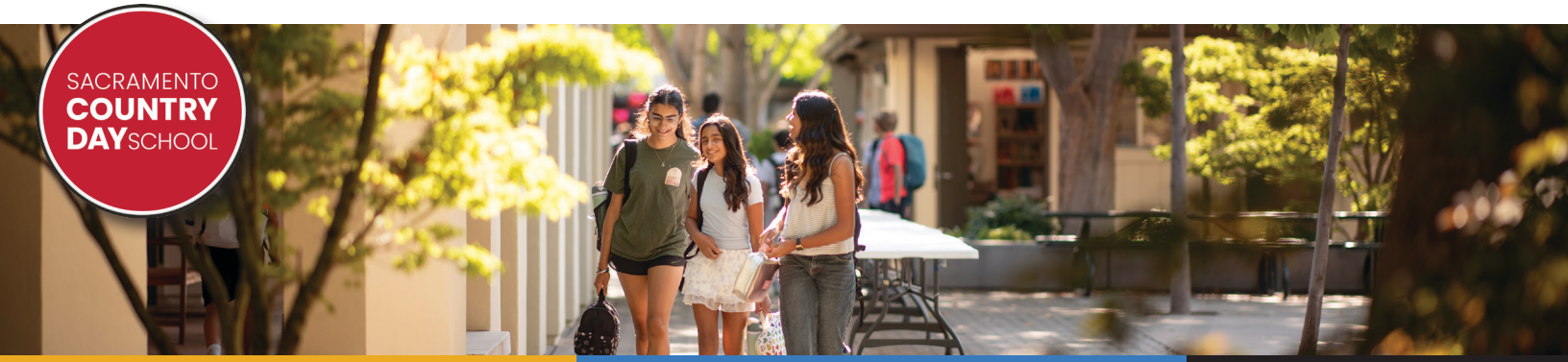

Divisional Curriculum Details

Lower School (Pre-K-Grade 5)

Early childhood and elementary years are critical for developing positive learning habits and social skills.

Students benefit from:

- Support adjusting to the academic environment
- Social-emotional skill development
- Positive peer relationships and friendship skills
- Emotion regulation and self-management
- Age-appropriate goal setting
- Executive Functioning Skill Development

Middle School (Grades 6-8)

Middle school is a time of rapid physical growth, emerging self-identity, and increasing independence.

Students benefit from support with:

- Transition from childhood to adolescence
- Exploring interests and connecting learning to life
- Peer relationships and belonging
- Identifying challenges and skills for self-advocacy
- Self-awareness, personal values, and agency
- Executive Functioning Skill Development

High School (Grades 9-12)

High school brings unique pressures and opportunities for personal growth.

Students are supported with:

- Stress management and coping strategies
- Healthy relationships and boundaries
- Identity development and self-advocacy
- Managing academic and social pressures
- Decision-Making and Responsibility
- Emotional Regulation and Management support
- Transition to college