Holden R-3 School Counseling Programs

"School counselors work to create a future world where all students thrive." - American School Counseling Association

Tonight's Overview

ABOUT US

UPDATES

HIGH SCHOOL

MIDDLE SCHOOL

ELEMENTARY SCHOOL

FUTURE GOALS

Melissa Kackley

High School Counselor

Grades 11 & 9, RootEd Advisor

Tori Florence

High School Counselor

Grades 12 & 10

Amanda Sauceda

MS Counselor

Grade 6-7

Alex Hernandez

MS/HS Counselor

Grade 8-9

Haleigh Bryant

Elementary Counselor

Grades K, 1, and 2

Brittany Morgan

Elementary Counselor

Grades 3, 4 and 5

Cindy Coomer

MS Counselor

Supervisor

…and our professional therapy dog, Curry!

High School Counseling Program

Academic:

-ICAPs-

- Met with Juniors - November 2025
- Met with Sophomores - December 2025
- Meet with Freshman - January 2026
- Meet with 8th Grade - February 2026

-Freshman Enrollment Night & High School Enrollment Night-

- Parents and Students introduced to High school
- officially requested classes
- Asked those burning questions about High school and beyond

-Program Tours-

- Warrensburg Area Career Center
- Summit Technology Academy
  - Open Houses for parents & students to attend

-Dual Credit Enrollment-

- Spring 2025 enrollment - 71
- Summer 2025 Enrollment - 22
- Fall 2025 Enrollment - 83
- Future Spring 2026 Enrollment currently - 74

-Freshman Orientation-

- Hosted with HHS STUCO
- Students Got to:
  - Meet Teachers & Staff
  - Learn Rules & Layout of the School
  - Meet with Clubs and Sports
  - Ask questions of Current Students

-EOC Celebrations-

- Freshman - Zoo
- Sophomores - Main Event
- Juniors - Future Planning Day/ Games & Movies
- Seniors - Graduated!

Social Emotional:

-Stress/Anxiety Small Group-

- Weekly group
- Education about anxiety causes and symptoms
- coping strategies
- group relationship building and support

-Academic Reset-

- Identifying students struggling with academics and developing plans for them to tackle organizational skills to get them on track

-Exchange Small Group-

- Exchange Students: American Culture & Check-in
  - visited hes classrooms

Focuses around Holidays: History and activities

Career Exploration:

-Career Fair-

- Increase in different careers to broaden students horizons
- Great Turn out & Feedback

-Boys & Girls State-

- Sent 2 Girls & 5 Boys

-MO Scholars Academy-

- Sent 1 Girl & 1 Boy

-MO Leadership Academy-

- Sent 1 student

-Decision Day-

- Day of Celebration and Recognition of Seniors: Announcement of Future Plans, Food, & Games

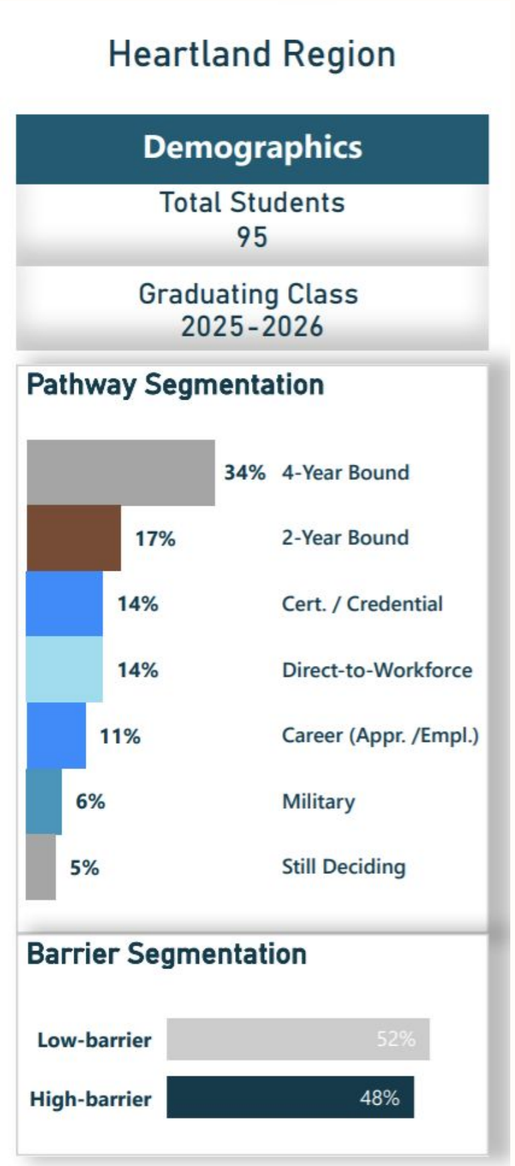
-Post-Secondary Visits Spring 2025-

- State Fair Community College
- MCC- Longview
- University of Central Missouri

-Post-Secondary Visits Fall 2026-

- UCM Criminal Justice DAy
- Mcc Apprenticeship Fair
- Choose UCm Day
- State Tech Visit - Had 4 apply that day!

RootEd:



-Career Planning-

- 100% Fall: Student Meetings

-Career Exposure-

- 95% - College/ Career Fair, Campus Tour, Program Tour, or Job Shadow

-Planning Ahead-

- 66% Total Applications
- 7% FAFSA Submitted
- 95% Intended Career Identified

Be on the Watch For:

- FAFSA/Scholarship Night - Possibly another night this month
- Post-Secondary Visits Spring 2026:
  - UCM, MCC-Longview, State Fair
- Small Groups:
  - Stress Management - Spring 2026
  - Exchange Student Group - Continued
  - 9th grade College/Career Prep - Spring 2026
- Enrollment Night
  - Freshman Night - March
  - High School Night - March
- Decision Day - TBD

Middle School Counseling Program

Middle Schoolers Learn about . . .

Academic Success tools:

- Bridge Day
- Academic Days in Advisory
- Academic Conferencing
- SMART Goals
- Organization skills
- High School Preparation Lessons
- Individual Career and Academic Plans (ICAP)
- Emphasis on transition preparation and implementation

Classroom Lesson

Middle Schoolers Learn about . . .

Social Emotional Regulation and Health tools:

- Leadership
- Individual Counseling
- Conflict resolution
- Crisis management
- Advisory
  - Suicide Awareness and Prevention
  - Mindfulness
  - Sexual Abuse prevention
  - Drug Prevention
  - Gratitude
  - Monthly Character lessons
- Play & Teamwork Activities
- Communication skills
- Positive social skills

Teamwork Activity in the Gym

Drug awareness/prevention activities

Middle Schoolers Learn about . . .

Career Exploration tools:

- Long-term goals and values exploration
- Missouri Connections
  - Interest Inventories
  - Career Clusters
  - Career Exploration Scavenger Hunt
- Career Day

Career Day

Data at a Glance

- 677 counseling requests from grades 6-8 from August-December 2025.
  - 24% Social skills with peers
  - 23% Academic
  - 10% School-related: teacher/behavior
  - 10% Home-related: adult/behavior

Be on the Watch For:

- 8th grade ICAPs
- 5th grade middle school building tours
- Career Day–May 15th– watch out for invites via email coming soon!
- Mini ICAPs for 6th and 7th grade

Elementary School Counseling Program

Elementary Program Highlights:

- Regulation Day!
- Career Day, Spring 2025
- National School Counseling Week
  - Advocacy, activities to thank staff for support and collaboration
- BeYOUtiful Minds Club (friendships/community, kindness) and Board Game Club (interpersonal development, problem-solving) after school
- Consistent collaboration with staff and teachers - monthly CARE team and BIST team meetings
- Increase of school jobs & contributions building wide
- Monthly student concern meetings (elementary counselors, district community liaison, elementary administrators)

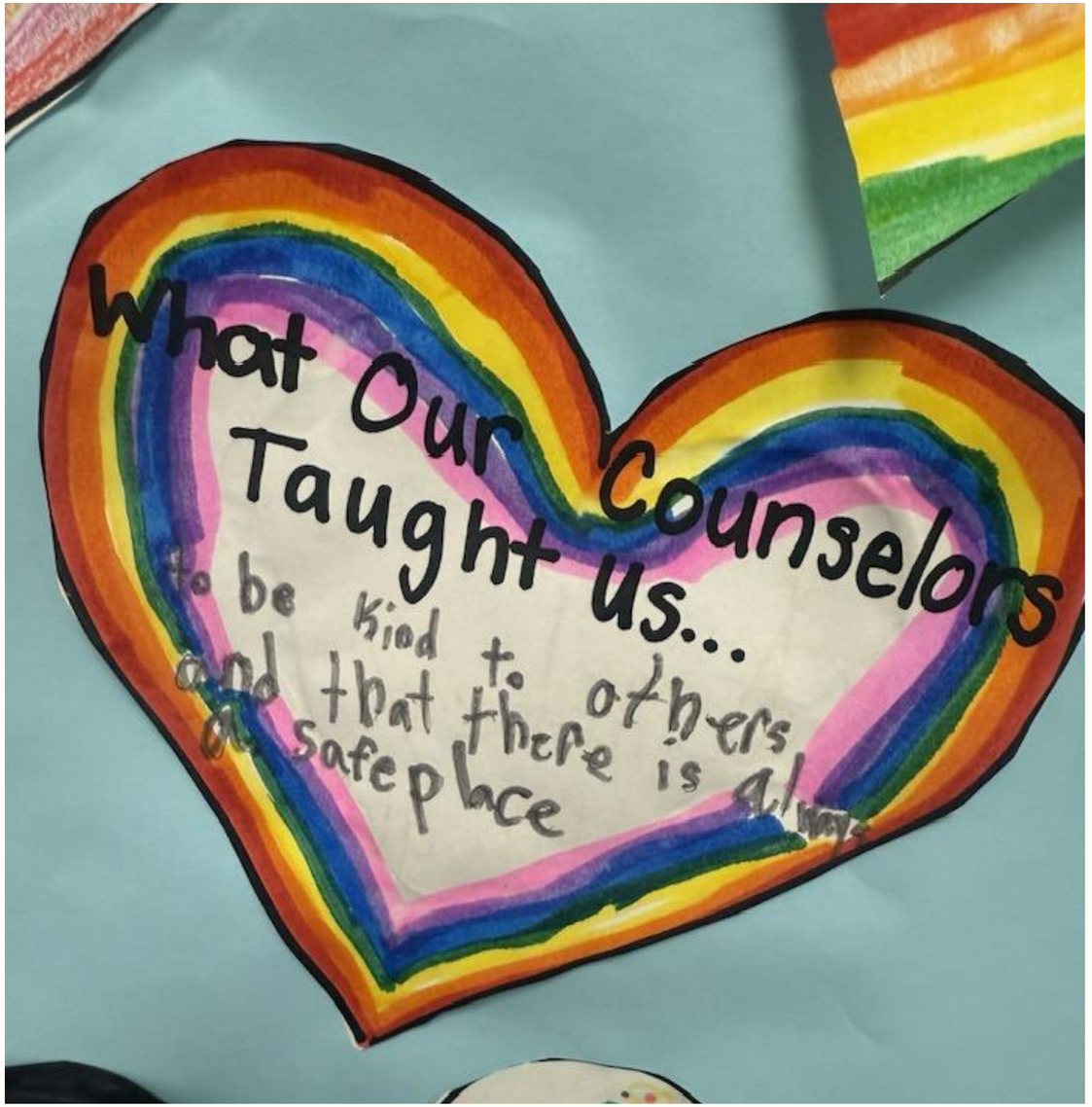
HES School Counseling Program Data:

437 school counseling referral forms (not including staff and parent referrals in person or by email)

Approx. 240 Counseling Lessons

Elementary School Counselor - A Day in the Life

7:45 Drop - off & Bus Duty
8:15 SOAR - Elementary Counseling lesson
9:05 Daily prep and answer emails
9:30 Individual counseling session
10:00 Student check in
10:15 Individual counseling session
10:45 Student check in
11:00 Individual counseling session
11:40 Lunch Duty
12:05 Staff collaboration
12:30 Lunch Bunch
1:00 Individual counseling session
1:30 Student check in
1:45 Hotline report - Children's Division
2:50 504 scheduling and review planning
3:10 Parent phone call/School-based therapy referral
3:30 Pick up duty/Dismissal



Individual Counseling:

Short-term Counseling

Parent referrals, teacher/staff referrals, self-referrals

Students can self-referral by getting in contact with one of us, having teachers/staff reach out, self-referral google form (2nd-5th grade)

Small Group Counseling:

Lunch Bunches

Topics can include - social skills, emotional regulation, confidence and connection

Students are identified by counselors, classroom teachers or staff

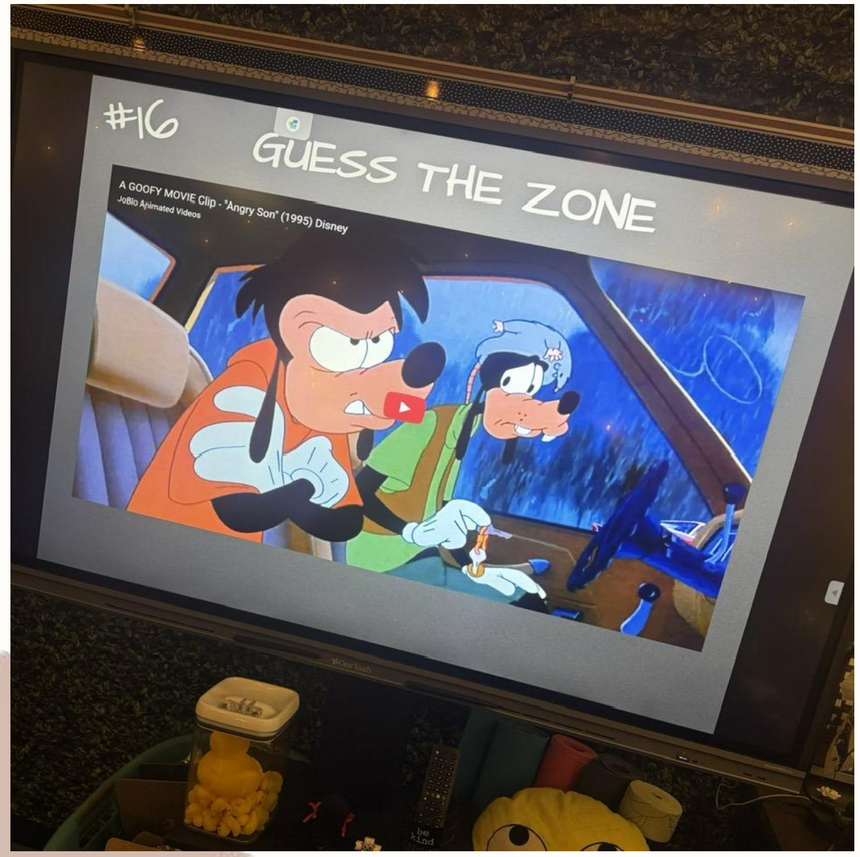
Student Check-in/Check-out:

Daily check-ins with specific students (approximately 1 hour each day per counselor)

Tier two behavior intervention that combines relationship building, frequent feedback, self-monitoring, and skills based coaching.

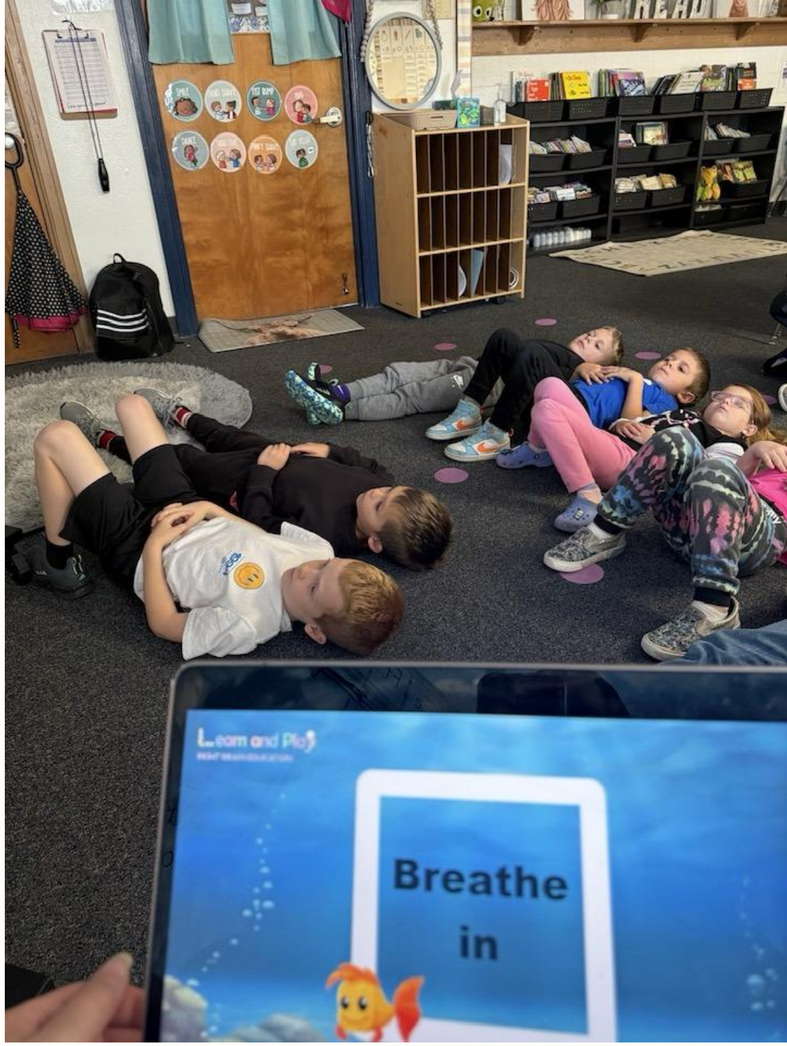
Elementary School Counseling Lessons:

- School counseling lessons taught daily to grades K-5 during our building's SOAR time
- Each class receives counseling lessons twice a month



Elementary School Counseling Lessons:

- Topics include:
  - Diversity
  - Empathy
  - Identifying emotions/Zones of Regulation
  - Self-esteem
  - Goal setting
  - Career exploration
  - Friendship
  - Self-regulation
  - Growth mindset
  - Conflict resolution



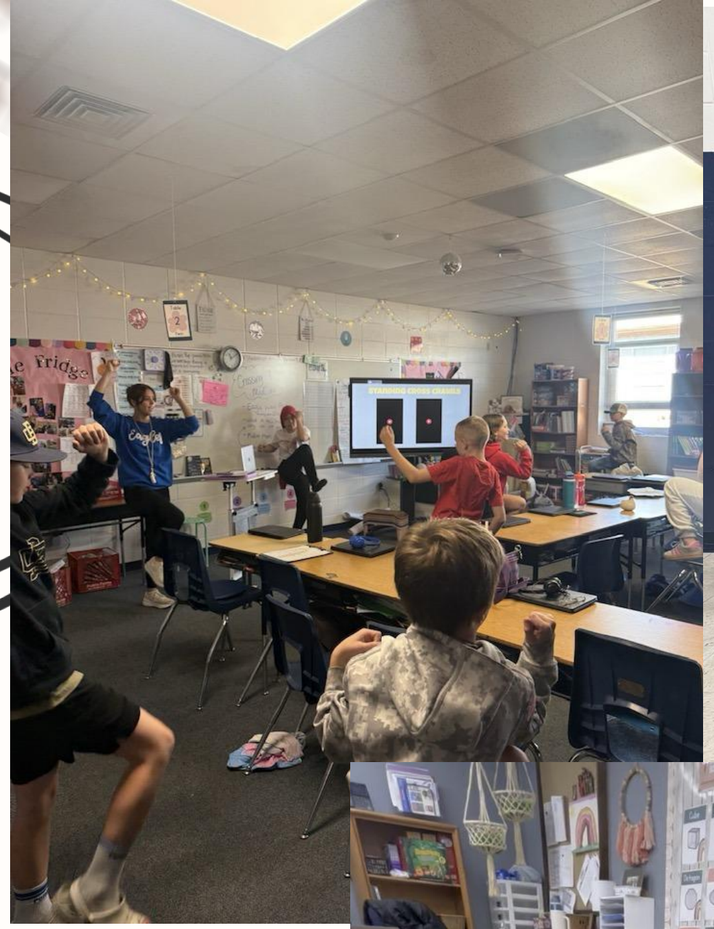
Career Day:

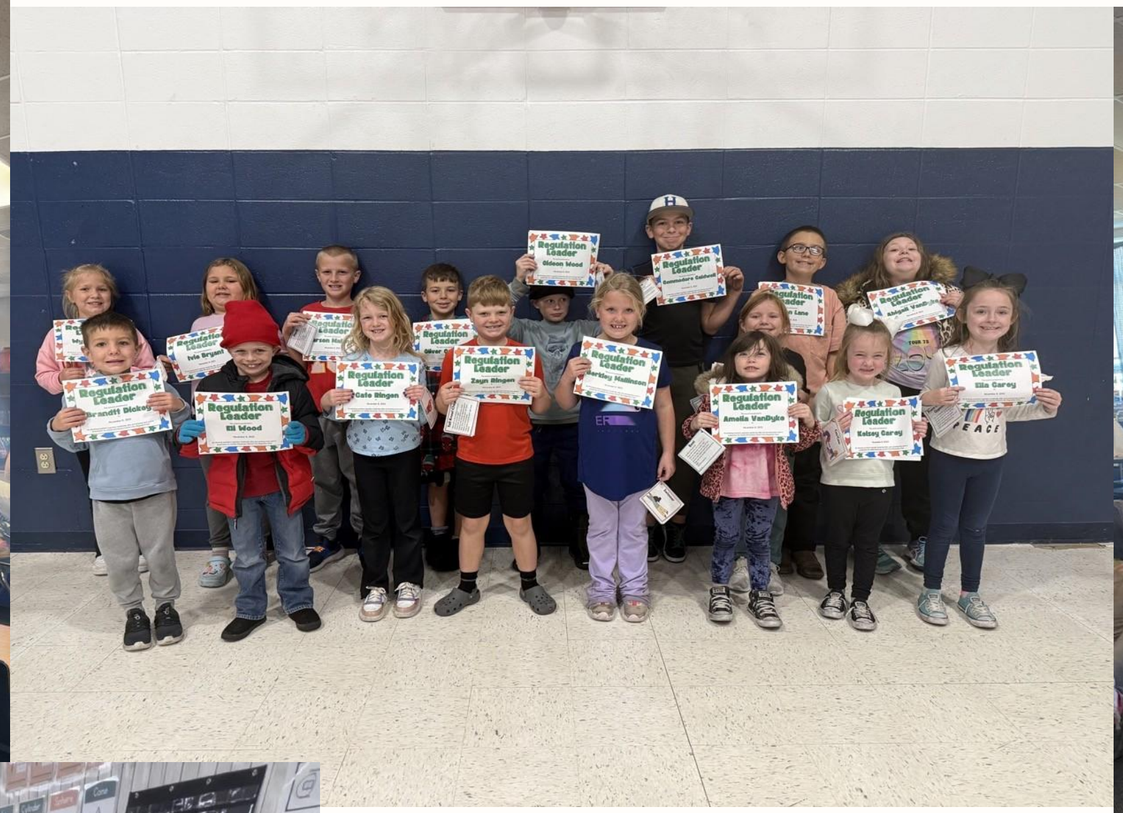
- K-2 Careers on Wheels
  - Students rotated to 4 different presentations

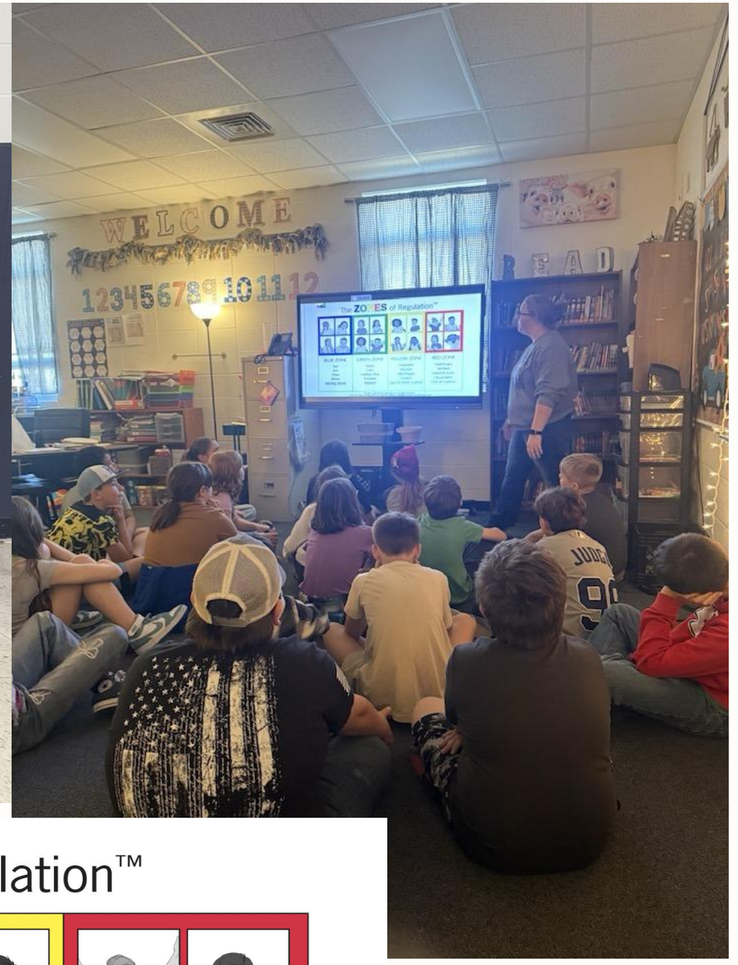
  3-5 Classroom Presenters
  - Students rotated to 4 different presentations

Regulation Day:

- Regulation Skills Leader Group
  - Saturday workday
- Country Crossroads Counseling field trip
- Regulation Day - A day spent on regulation strategies and coping skills (building wide)
  - Breathing techniques
  - Crossing the midline
  - Grounding and mindfulness
  - Zones of Regulation







The ZONES of Regulation™

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad	Happy	Frustrated	Mad/Angry
Sick	Calm	Worried	Terrified
Tired	Feeling Okay	Silly/Wiggly	Elated/Ecstatic
Bored	Focused	Excited	Devastated
Moving Slowly	Relaxed	Loss of Some Control	Out of Control

Future School Counseling Goals

High School Goals:

- ❏ Implement Monthly Newsletter to Parents & Community
- ❏ Implement a community service project to unify of all students & staff & community

Middle School Goals:

- ➢ Increase number of small group opportunities
- ➢ Increase student-led accountability
- ➢ Improve transition preparation

Elementary School Goals

- ❏ Continue to increase student leadership opportunities and recognition of positive character traits

Thank you!

Questions?