Ways to Connect

Email:

kate.blackford@kellerisd.net

Phone-:

817-744-6312

ZONES OF REGULATION

Zones of Regulation is a social-emotional curriculum focused on helping people recognize the connection between how their body is feeling and how it is moving. Through identifying what "zone" they are in, students can select coping skills (green tools) to help them self-regulate their emotions and their bodies, which can lead to self-control, better problem-solving skills and improved relationship skills.

. Our green zone is our ready to learn zone where we are calm, focused, happy and ready to go. This is the goal zone for school success. In the blue zone, our bodies are moving slowly because we may be sick, tired, bored or sleepy. In the yellow zone, we may start to lose control because we are excited, worried, silly, or frustrated. In the red zone, our body is losing control. We may be in a flight or flight state because we are angry or terrified

Identifying what zone you are in can help students learn to regulate emotions and help gain self-control and emotional regulation, skills imperative for success in life.

EAGLE RIDGE ELEMENTARY

COUNSELING PROGRAM

Kate Blackford

ERE School Counselor

MEET YOUR SCHOOL COUNSELOR

My name is Kate Blackford, and I am so excited to begin my first year as the school counselor at Eagle Ridge Elementary! I look forward to building meaningful relationships with our students, families, and staff and making this a wonderful year together.

As the school counselor, my goal is to help every student feel safe, supported, and valued. I believe that when students know they are cared for and have the tools to navigate challenges, they are better able to learn, grow, and reach their full potential.

Throughout the school year, I will work with students to support their academic, social, and emotional growth. Together, we will build important life skills such as emotional regulation, self-awareness, conflict resolution, friendship skills, resilience, organization, goal setting, and responsible decision-making. I also help students navigate challenges such as anxiety, stress, family changes, grief, peer conflicts, self-esteem, and learning how to advocate for themselves. By partnering with families, teachers, and staff, I strive to ensure every child feels supported, connected, and equipped with the tools they need to be successful both in and out of the classroom.

I am looking forward to an amazing school year and can't wait to meet all of our Eagle Ridge families! Please don't hesitate to reach out if you have any questions or if there is ever a way I can support your child.

Ms. Blackford

PROGRAMS & FOCUS

The ERE Counseling program focuses on the components of self-management, self-awareness, social awareness, relationship skills and responsible decision making. We use a variety of programs to ensure that all our students know they are an important part of the Eagle Ridge Community.

Self-Management

Self-Awareness

Social Awareness

Relationship Skills

Responsible Decision Making

How does one see the Counselor?

- Self- Referral (forms available)
- Request of the counselor
- Parent Referral
- Administration/Teacher referral
- Referral by friends- possible peer mediation

SERVICES OFFERED

Students may see the counselor for small group and individual counseling to assist with a variety of concerns and problems, including:

- **Friendship**
- **Problem Solving**
- **Academic Improvement**
- **Divorce**
- **Family Concerns**
- **Grief and Loss**
- **Stress**
- **Crisis Intervention**
- **Emotional Regulation**
- **Goal setting**
- **Managing Feelings**

*Resources are available for outside counseling if your child needs additional assistance.

Parents:

You are free to call the Counselor's office,817-744-6312 at any time if you have academic, social, or personal concerns about your child. We can help arrange parent conferences, small group or individual counseling, as well as, outside referrals for intervention to benefit your student.