Guidance

ELLSWORTH HILL

Mrs. Albano - 2nd Grade

My name is Suzanne Albano and I am the counselor who will be working with 2nd grade. I am SO excited to work with our amazing Ellsworth students! This is my 14th year working at Ellsworth Hill and my 20th year as a school counselor. I am a proud graduate of John Carroll University where I earned both my Bachelor and Masters degrees. I started my school counseling career with the Solon City Schools working with kindergarten through 4th grade students. My husband and I live in Chagrin Falls with our two sons who are in 9th and 12th grades

Contact Info

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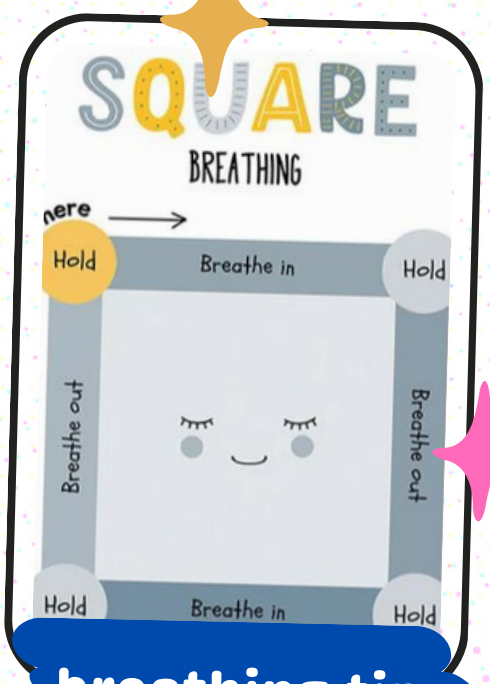
Mrs. Hyalnd- Ist grade

My name is Jenna Hyland (Norcia) and I am the counselor that will be working with 1st grade. I am enjoying getting to know each of the students here and can not wait to work on their social and emotional skills with them! I graduated from the University of Dayton with a degree in teaching and taught in Beavercreek, Ohio for 5 years before moving back home to Cleveland to pursue my masters degree in counseling at John Carroll University. I look forward to working with you as we provide the best learning environment for everyone!

Handle with Care

If your family is experiencing difficulties at home, we would like to provide additional support at school. We understand that you are not always able to share details and this is okay.

If your student is coming to school after a difficult morning, night, or weekend, please email either of us a message in the subject line **"Handle with Care."** This will let us know that your student may need extra time, patience or help during the day



breathing tip

Topics

- Zones of Regulation
- Coping tools
- Size of the problem
- breathing techniques
- Social filter
- Bullying
- Self control
- Mindfulness

How we serve the students

Classroom Guidance: Counselors go into the classrooms bi-monthly to teach and review grade appropriate SEL skills.

Small Group Guidance: Students are recommended for weekly groups on specific skills. Groups typically run 6-8 weeks.

Individual Counseling: Students needing short term counseling can meet with the counselor following a schedule set up by the teacher and counselor.

Feel free to reach out with any questions!