Samsel Upper Elementary School

School Counselors 2026-2027

Ms. Cassandra Martin

cassandra.martin@sayrevillek12.net
732-316-4050 x6060

Mrs. Alexandra Apostolakis

alexandra.apostolakis@sayrevillek12.net
732-316-4050 x6227

What do School Counselors Do?

- Meet with students individually to assist with concerns relating to anxiety, sadness, conflict with friends or family, school concerns, anger, self-esteem, coping skills, stress management, etc.
- Meet with students in small groups to help students manage a variety of issues in a setting with peers that are dealing with similar issues
- Conduct classroom lessons on social emotional learning, careers, mindfulness, bullying, etc.
- Provide support to parents/guardians, teachers, and administration to help best meet student needs

STUDENTS	FAMILIES	SCHOOL STAFF	ADMINISTRATION	COMMUNITY
Student Advocacy	Academic Planning Support	Classroom Guidance	School-wide needs assessments & data sharing	Student advocacy
Individual Academic Planning & Support	Connection to Community Resources/Referrals for Mental Health and Academic Needs	Academic support services	Academic support services	Establishing connections between community partners and school
Individual & Small Group Counseling & Support	Conferences/facilitate parent discussions	Student advocacy	Behavioral Management plans	Referrals to community agencies
Peer Mediation	Family Transition Support	Classroom observations and time-on-task data collection	Student advocacy	Mentoring/Internships
New Student Transition Support	Psychoeducation	At-risk student identification and intervention support	Team/Professional Development	Crisis Intervention and Response
Bullying Prevention	Student Advocacy	Parent-teacher conference support	School improvement program planning and support (PBIS: Positive Behavioral Interventions and Support)	Volunteer Opportunities
Positive Character Development	School Program/resources information	Classroom management & problem-solving	Supporting school climate	
Suicide Prevention	Sound board and listening for sharing/communication between home and school	Student-teacher mediation		
Classroom Guidance and Social Emotional Teaching	504 Case managers			
Career Development				
504 Case managers				

The School Counselors are here to provide support in anyway that we can!

How Can My Child See the Counselor?

- Students can ask their teachers to speak with a counselor
- Teachers may call/email the counselor about a student they think may benefit from speaking with their counselor
- Parents may call/email the counselors and request for their child to meet with the counselors
- Administrators may ask counselors to speak with students



Conflict vs. Bullying

We often teach students about the difference between conflict and bullying to help students better manage conflicts and learn when to report bullying situations.

Conflict: a disagreement or argument in which both sides are able to express their views.

Bullying: negative behaviors directed towards someone that hurt, harm, and/or humiliate; the behaviors are based on a characteristic of the individual being targeted (ex. Race, gender, ability, appearance, culture, sexual orientation).

With **conflict**, school counselors can bring students together and help them resolve the conflict.

With **bullying**, school counselors conduct a HIB investigation with all parties involved, including witnesses.

Mindfulness

Mindfulness is the moment-to-moment awareness of oneself without judgement.

Mindfulness practices help increase coping skills in children and have been shown to reduce stress and anxiety, improve attention and focus, increases social and emotional intelligence. We often use these techniques when working with our students.

Some mindfulness activities for children include:

Guided Meditations

Square/Belly Breathing

5 Senses Game

Progressive Muscle Relaxation

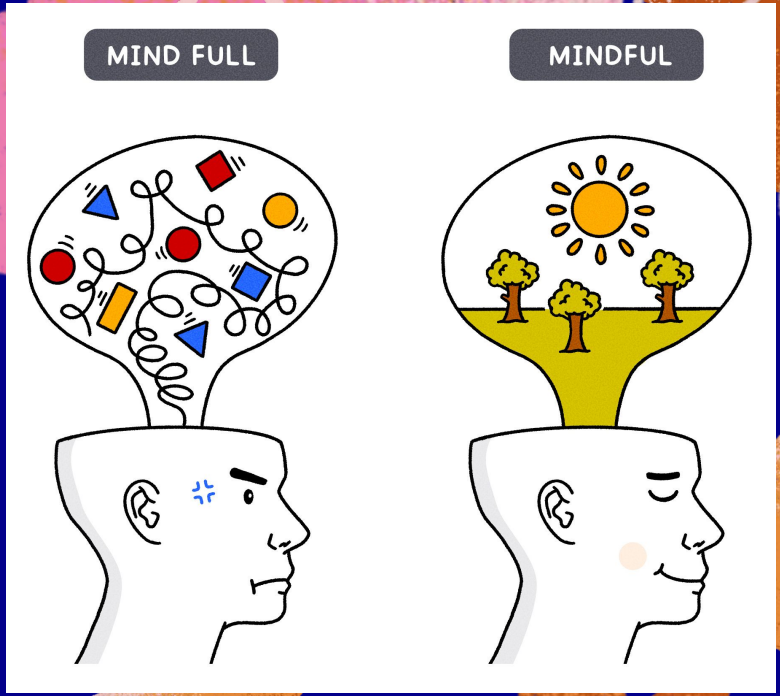
Yoga

Glitter Jars

Heartbeat Exercise

Coloring

Creating a Mantra



We are looking forward to a great school year and are so excited to get to know all of you and your children!

Please don't hesitate to reach out to us with any questions or concerns!



Mindfulness Resources

[How to Make a Glitter Jar]

[Square Breathing Diagram]

[Guided Meditation]

[Mindfulness]

[5 Minute Meditation]

Please see our Counselor's Corner Website for Community Mental Health Resources

https://samsel.sayrevillek12.net/our-community/counselors-corner

