

Why School Counsellors?

PROFESSIONAL SCHOOL
COUNSELLORS HAVE A MISSION:

**Southwood Elementary
School**
*Guidance and Counselling
Services*

To effectively provide a comprehensive K-4 program that fosters development in academic, career, and personal/social areas. To provide students with the opportunity to gain skills and develop their unique potential to become successful in all aspects of life.



There are 3 ways that Counselling services are delivered:

Large Group:

At times I will visit the classrooms or bring the students together and talk about topics that help them with their social and emotional development.



Small Group: There are times when a few students benefit from meeting together and discussing or working through specific topics, such as friendships, divorce, self-esteem or resiliency to name a few.



Individual: Students may come see me voluntarily (self-referral) or teachers, principals or parents may request that students receive individual counselling.



A PROFESSIONAL SCHOOL COUNSELLOR HELPS WITH DEVELOPMENT IN:

Academic:

- Classroom support
- Goal setting
- Transitions (e.g. gr 4 – gr 5)
- Study skills and organization
- Identifying strengths and areas for growth

Personal & Social Skills:

- Character education
- Respect for self and others
- Interpersonal skills
- Coping skills
- Anxiety and stress management
- Strengths and resiliency
- Classroom guidance and counselling

Career:

- Career Exploration
- Interests and Strengths
- Life skills

Professional School Counsellors believe...

- All students can learn
- Students have unique needs and potential
- All students should have the opportunity to develop and learn in an engaging and safe environment

Professional School Counsellors are...

- Advocates for all students, their families
- Ethical and Professional
- Dedicated to creating a safe learning environment
- Knowledgeable in areas of prevention and intervention
- Caring, empathetic listeners
- Supporters of strength-based programs

Parent Referrals

- Email or call Mrs. Peters directly at 204-326-3518 or cpeters@hsd.ca
 - Contact the Classroom teacher
 - Send a note to Mrs. Peters

Statement of Confidentiality: To Respect the rights and relationships of students, information shared with the counsellor will remain confidential with exception of student safety