



School Counseling at Carrolltowne Elementary School

Hi my name is Mrs. Napor, and I am the school counselor. I work with teachers, parents and students to help children have a successful day while they are at school. As the school counselor my job has many different parts:

Guidance Lessons

I teach guidance lessons once a month to each class, pre-kindergarten through fifth grade. Lesson topics include making friends, problem-solving, goal-setting, feelings, bullying, good manners, communicating, careers, and any other topics that a grade team might request. The first lesson this year will be about problem-solving. For all grades, I will be using the term STP to remind students to Solve That Problem. STP also stands for STOP, THINK, and PLAN. I will encourage students to use this acronym when a problem arises, and do their best to work through the issue using these steps. The last step is CHECK, where the student will check to see if the plan he/she came up with worked. We will be hanging posters in the school to remind the Carrolltowne community to work through problems when they arise. Hopefully the same will work at home!

Individual Counseling

I also meet with students individually, either through a parent's request or a student's request. Parents, please know that if your child asks to meet with me, I will contact you if I feel the situation is serious enough to let you know about it. While I do meet with students, my job is not a long-term counselor or intensive therapist. If you feel your child would benefit from regular counseling sessions, please visit the Get Connected Family Resource Center www.getconnectedcc.org or the Carroll County Youth Services Bureau www.ccsyb.com

I have other community counseling resources available upon your request.

Group Counseling

Another part of my job includes group counseling, which can result from students expressing the desire to be in a group, or if a particular need is expressed for a number of students. I always receive parent/guardian permission before letting a child join a group. Group topics may include divorce/separation, social skills, self-esteem, organization, friendship, anxiety, and anger management.

PBIS – Positive Behavioral Interventions and Supports

Our school participates in PBIS, which means we have a school-wide approach to dealing with student behavior; the desirable and undesirable. Our code of conduct is Cardinals RULE, which stands for Ready to learn, Use my manners, Learn for now and later, and Every place and time counts. Our RULE code of conduct is reinforced throughout the

building and taught to students on a regular basis. Students have the ability to earn “Caught You” RULers from staff members who find them following Cardinals RULE. These RULers can be exchanged for various incentives determined by their grade team or for school supplies at the RULer Store, which will be held on Tuesday mornings during homeroom. The RULer store will open on October 5th and be located in the cafeteria. Another support of our students’ behavior are the “Caught You” bulletin boards that are in the hallways. Staff can write up classes or students that have done an excellent job, and they will be announced during morning announcements. Each quarter there will be a PBIS celebration to recognize the Carrolltowne school community’s efforts to encompass Cardinals RULE behavior into daily practices. There will be random drawings for special privileges like eating lunch with the principal, doing morning announcements, decorating the lobby message board, etc. We appreciate your support of the Cardinal RULE expectations both in school and at home.

Collaboration and Consultation

Lastly, I meet with teachers and parents to discuss student concerns. When needed, I attend IEP or 504 plan meetings. I am also a part of several committees that concentrate on student achievement: ILT (Instructional Leadership Team), SST (Student Services Team), IST (Instructional Support Team), and the PBIS (Positive Behavioral Interventions and Supports) Team. I share my thoughts monthly in the school newsletter under the Counselor’s Corner.

If you have questions regarding your child’s well-being or school day, in addition to concerns that you, as a parent have, please feel free to call me at school at 410-751-3530 or email me at mynapor@k12.carr.org. We can conference over the phone or make an appointment to meet at school.

Check out these great resources:

Connect with Kids http://www.connectwithkids.com/this_week/

Sandbox Learning <http://www.sandbox-learning.com/>