

SCHOOL COUNSELING

newsletter-
Elementary & Middle

Welcome Back
2024

HOW TO COPE WITH CHANGE

ACCEPT THE CHANGE

THINK OF GOOD OUTCOMES

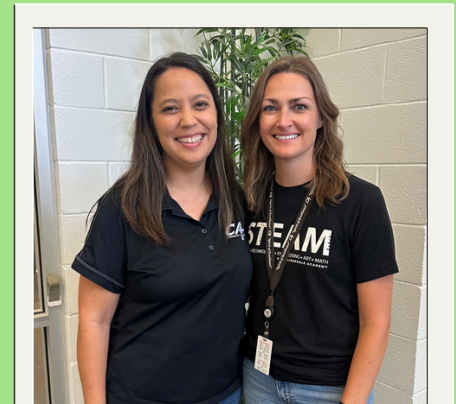
TRY TO KEEP A REGULAR SCHEDULE

FOCUS ON WHAT YOU CAN CONTROL

REACH OUT FOR HELP

VALIDATE YOUR STRESS

Your child may be dealing with a lot of changes. Here are some ways you can help them. We are also here to help! Please reach out if we can do anything for your child.



Mrs. Ancheta (left) & Ms. Vaudreuil (right)

Connect with a Counselor

Amanda Ancheta

Middle School

aancheta@collegedaleacademy.com

Amber Vaudreuil

Elementary & Middle School

avaudreuil@collegedaleacademy.com

To refer a student for services, click [here](#).

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." Colossians 3:12



National Educational & Awareness Dates

August 12: United Nations International Youth Day

August 13: Left-Handers Day

August 19: World Humanitarian Day

August 26: Women's Equality Day

Please note that Mrs. Ancheta is part-time and is at the middle school in the afternoons.

PARENT RESOURCES & INFO.

FREQUENTLY ASKED QUESTIONS

Q: When we meet with a student is that the same as therapy?

A: We typically meet with students 15-20 minutes. We get them back to class as soon as possible. We are checking in with students to work on stress management, anxiety management skills, coping skills, etc. Depending on what your child needs, the best fit may be outside counseling. If you are not sure, you can complete the [referral link](#) and we can provide guidance.

Q: If my child is in outside counseling can you work with the outside counselor?

A: Yes! Please complete the release form and that will allow your child's therapist to share information with us. This helps students so we can both be working on the same things.

Q: How frequently do we go in to REACH lessons (Relationships, Emotions, Academics, Character, Health)?

A: We go into all classes ECEC-8th grade twice a month (unless there is a break or field trip).

Q: What curriculum to you use?

A: The elementary uses Second Step and the Middle School uses Overcoming Obstacles.



A note about confidentiality. Confidentiality and your family's privacy are important to us. What you or your child discuss with a counselor is private except in cases when abuse or neglect are suspected, or as required by the law. When we meet with your child we encourage them to share with you too! We are so blessed to partner with your family to support your child. If you have any questions please reach out.

WHAT YOU SAY IN HERE
STAYS IN HERE
UNLESS

- SOMEONE IS HURTING YOU
- YOU WANT TO HURT SOMEONE
- YOU WANT TO HURT YOURSELF
- YOU GIVE ME PERMISSION TO SHARE WITH ANOTHER ADULT

Upcoming Events

*(Free) What is Mental Health? August 15 @ 12pm. To register, [click here](#).

*(Free) Mental Health Support for Younger Children. August 16 @ 3pm. To register, [click here](#).

*(Free) Understanding How Divorce Affects Children and Teenagers. August 19 @ 1pm. To register, [click here](#).

*(Free) Parenting with Presence. August 27 @ 1pm. To register, [click here](#).

*(Free) Responding to Grief in Children & Adults. August 28 @ 1pm. To register, [click here](#).

*(Free) Mental Health and Mental Illness: What's the Difference? September 4 @ 1pm. To register, [click here](#).

*(Free) Understanding Children and Young People's Mental Health. September 18 @ 2. To register, [click here](#).

***Everyone who registers for a webinar will receive the recording via email 24 hours after the live event. [Click here](#) for more FREE webinars by Mindspring Mental Health Alliance.**

Resource: [Grief Resources for Kids](#)

Elementary List



Middle School List



We are so grateful for your support of our program and all the ways your support CA. Some have asked if there's something you can do specifically for the counseling program. If you'd like to donate a book or resource from our Amazon wishlists please scan the QR codes above. Thank you again!