

COUNSELOR'S CORNER

ROCKWELL ELEMENTARY SCHOOL

FALL 2011

Welcome Back!

I am so happy to begin another school year as Rockwell Elementary's school counselor. I am excited to see familiar faces and meet students new to Rockwell. This is my fifth year at Rockwell and I am looking forward to working together with students, parents and teachers to promote student success.

If you have any questions or concerns that you would like to share, please do not hesitate to contact me at 704-279-3145 ext. 104. I may also be reached through email at palmerme@rss.k12.nc.us.

Molly Palmer
School Counselor

A Few Back to School Tips

- * Establish a morning and nighttime routine with your child.
- * Be sure your child is well-rested and arrives to school on time.
- * Help your child stay organized. Create a quiet study space for homework and pack book bags at night.
- * Ask your child about his or her day. Student data notebooks are a great way to keep up with your child's progress.
- * Communicate with your child's teacher.
- * Stay involved!



WHAT DOES A SCHOOL COUNSELOR DO?

*Individual Counseling: Students may meet with the counselor on an as-needed basis to address different issues or challenges. Students, parents, and school staff may refer a student for a visit to the counselor's office.

*Small Group Counseling: Small group counseling is offered throughout the year to strengthen targeted skills and offer support while working together with peers. Small groups run for approximately 6-8 weeks during a time agreed upon by the teacher. Group topics may include self-esteem, changing families, social skills, behavior management, coping skills, and leadership. Please feel free to contact me if you feel your child would benefit from participating in a small group.

*Classroom Guidance Lessons: All students participate in classroom guidance lessons throughout the year. Students work together with the counselor to develop skills that will help them be successful. Classroom guidance topics include character education, safety, study skills, careers, social skills, friendship, bullying prevention, and conflict resolution.

*Collaboration and Consultation: The counselor collaborates with students, parents, school staff, and the community to best meet the needs of all our students.

Character Education Shines at Rockwell!

Each month a new character trait will be highlighted. Students can earn a "stamp" on their STAR student passport for demonstrating the character trait of the month. Students can also earn punches for positive behavior on their STAR student card to spend at the school store.



Monthly Character Traits

September: Responsibility
October: Respect
November: Courage
December: Kindness & Service
January: Effort
February: Honesty
March: Self-control
April: Friendliness
May: Positive attitude