

# Counseling Services

- individual counseling
  - small group counseling
  - classroom guidance lessons
  - crisis intervention
  - consultation with parents and teachers
  - coordination with outside agencies & therapists
  - referrals for community services

# Common Issues

**anxiety  
anger management  
friendship skills  
stress reduction  
conflict resolution  
managing feelings**

# Contact Info

# Ms. Mendoza

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## E-mail

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“I have learned that people will forget what you said; people will forget what you did; but people will never forget how you made them feel.”

-Maya Angelou

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to get my counseling newsletter in your e-mail in-box each trimester!

# School Counseling

## at Pentucket Lake



# **WHY DO KIDS NEED SCHOOL COUNSELING?**

- Children learn best when they feel good about themselves and their relationships with others.
  - Children who understand their feelings are better able to control their behavior.
  - We know that stress can affect focus and learning, but its impact can be reduced with proven self-regulation strategies.
  - Schools, parents, and communities that communicate and collaborate provide the most effective support to children.
  - Attitudes formed during elementary school shape future attitudes towards learning, self, and society.



# FAQS



## What exactly does an elementary school counselor do?

Much like the school nurse, my services are available to ALL students, not just those with an emotional disability or in a crisis. It is my job to make sure that students are happy and doing their best at school. This is a tall order since so many factors go into kids doing well---their ability to focus and pay attention, their relationships with peers and teachers, how well they can manage their feelings and impulses, and their lives outside of school. I address these issues using individual or small group counseling, as well as classroom guidance lessons and even school-wide programs like "Random Acts of Kindness" Week. I ask kids to think of me as a coach who helps them solve their problems. I am also an adult in the building with whom they are never "in trouble."



## How are you different from a therapist at an outside agency?

I frequently see children just once or twice, or in the classroom setting rather than my office. Although I do often help children with family problems and behavior at home, my primary role is to deal with school-related problems. Sometimes an issue is better addressed more intensively in a therapeutic setting, and with greater direct parental involvement. Contact me if you'd like me to recommend an outside therapist for your child.



## How do children come to you?

Students come to me in a variety of ways. Usually it's by recommendation of the classroom teacher and/or the parent. Sometimes they are referred by the office. Often, children will approach me themselves and ask if they can eat lunch with me or schedule an appointment. They may also ask their teacher or someone in the office to give me a message.



## Will you notify me if you see my child?

Children frequently pop in to tell me about relatively minor or time-limited issues like an argument with a peer or the death of a pet. If that happens, I may not notify you unless: a) there is a safety concern, b) your child has asked to see me repeatedly, or c) if the worry or problem is significant (by adult standards). I will always ask for your written permission if I think your child would benefit from regular meetings with me, or if I would like to recruit them as a "model" for one of my groups.