



Welcome back Meadow Hall Family ☺ As you know I am Ms. Tanen though you may hear your children call me “Ms. T”. By either name, I am here to advocate for your children. Below is a brief description of what I do here at Meadow Hall:

I do 3 main types of counseling:



I. Guidance Lessons

The vision of the school counseling program at Meadow Hall is for all students to reach their maximum capability. As a result, Ms. T teaches classroom guidance lessons twice a month.

- Each month Ms. T teaches the students about NO Put Downs, Meadow Hall's anti-bullying program.*
- She also visits each classroom again for 30 minutes to teach lessons based on the needs of the students as related to the PBIS system - HIGH 5 incorporated with the character education program.*

2. Groups

- Each Thursday Ms. T also leads counseling groups! These groups are on particular topics, which include: friendship, self- esteem, family changes/divorce, anger; grief; study skills/organization and ADHD/ ADD. The groups begin in October and continue until May. Each group lasts 6-8 weeks and has 4-6 students.*



Students are chosen to be in these groups by the counselor, Meadow Hall Staff or parent referral.

- *Ms. T also has Lunch Bunches, in which she welcomes all Meadow Hall Students to sign up and eat lunch in the counseling office once a year! This is a time to speak to Ms. T about anything and talk with other peers! Lunch Bunches are Thursdays and Fridays. Students can sign up on the forms outside Ms. Ts office that are labeled "Lunch Bunch".*

3. Individual

- *Sometimes, students are having a crisis or pressing issue in their lives and they need to have weekly counseling sessions for a short time in order to resolve the issue. These problems may be about divorce, grief; depression, behavioral difficulties, bullying, health, etc. If Ms. T feels that the childs needs go beyond her abilities and availability as the school counselor, she will refer you to an outside counseling agency. If you feel your child needs this support, please contact her.*



High 5 -PBIS/PEACE programs

Ms. T also oversees the High 5 program at Meadow Hall. Each classroom in the building must abide by the PEACE pledge and the HIGH 5 rules in order to achieve PEACE. If all the classes at Meadow achieve PEACE on the same day, we call that one day of PEACE. Meadow Hall celebrates their PEACE accomplishments after 25 days of PEACE. Recognition of PEACE days accomplished by individual classes will be recognized at this assembly (each grade level will present a poem, skit or creative presentation about what peace means to them). Peace patrols will rotate and tally data daily.



Mentoring

Ms. T also oversees the mentoring program! Particular students at Meadow Hall are assigned a staff member or community volunteer who will serve as their mentor for the rest of the school year. This person will be a role model and provide extra support for the student! Students and mentors share 20-30 minutes of free time together every other Week!

School Implementation:



Hallways and Bulletin Boards:

School Hallways will display pockets holding "Thumbs UP" certificates. They will be located at every Stop sign area. If a teacher sees a student following the HIGH 5 expectations they will be rewarded with a "Thumbs UP" Certificate.

The Meadow Tree (in the school lobby) will display student's "Thumbs Up" certificates. These students were "CAUGHT IN THE ACT" of following one or all of the HIGH 5 rules.

Each month the counselor will pick two students from each grade level to come to the office and receive a reward. They will also get their picture taken to be displayed next to the tree.



Daily announcements will begin October 1st. The counselor will announce the definition or an example of the character theme along with the Meadow Hall pledge. Each afternoon the Principal or Peace Patrol will announce present number of successful PEACE DAYS.

Counselors Corner newsletters will be posted on our website once a month. This will keep YOU updated on what we are doing inside and outside of the classroom.