



Counselor's Corner

Welcome Back!

Welcome back to another wonderful year at Sligo Creek Elementary School! My name is Kristen Heatwole and I am thrilled to be returning for my 8th year as the School Counselor. I am honored to be part of such an amazing community of staff, students and parents.

For those of you that are familiar with the role of the School Counselor, I hope this introduction serves as a refresher on how I can support your child's education. For new parents, I hope to give you an overview of an Elementary School Counselor and my contribution to SCES.

The Counseling program at SCES is comprehensive in scope and is based on the MCPS Student Counseling Standards: academic development, personal development, interpersonal development, career development and healthy development. These areas are addressed through the following ways:

- **Monthly Classroom Lessons:** I will visit each classroom (French and Academy) and discuss the virtue of the month. Depending on the planned activity, some classes complete activities individually or as a group to be displayed in the school, while others will take their projects home. In addition, the 5th graders will be spending the entire year preparing for middle school by discussing such issues as peer pressure, friends, increased workload, eating habits, etc.

- **Small Group Counseling:** Counseling is provided for small groups of students experiencing similar needs. These may include social skills, family stresses (separation/divorce), friendship, self-esteem, and anger management. Groups typically run for 6 - 8 weeks.

- **Individual Short-Term Counseling:** Short-term one-on-one counseling is available for students who need additional support during the year. I may see students for a variety of reasons including: death of a family member, self-esteem, conflicts with friends, anxiety, etc. Should a student require long-term intervention, I will work with you to come up with a plan of action. Students can self-refer or be referred to me by teachers, administration or parents. Slips to request a meeting with me are located in each classroom and outside my door. This process will be reviewed in each classroom at the beginning of the school year.

The Counseling Program at SCES promotes success for all students by helping students develop a positive concept of themselves, interact with others, and become effective/productive citizens. The Counseling program also helps our students feel good about their capacity to succeed in school and strengthens their ability to meet academic and social



Sligo Creek Elementary
School

301-562-2722 (Phone)
301-562-2717 (Fax)

September 5, 2008

Virtues of the Month

Sept. - Intro. & Debug
Oct. - Respect
Nov. - Responsibility
Dec. - Caring
Jan. - Trustworthiness
Feb. - Self-Control
March - Honesty
April - Kindness
May - Citizenship

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challenges of the school environment.

Besides the services outlined above, I also play a role in the following programs: traffic light system, Collaborative Action Process (CAP), Positive Behavior Interventions and Supports (PBIS), and 504 plans.

One common misconception is that working with or seeing the Counselor means that you are in trouble or that you did something "bad". However, students see me for a variety of reasons. My role is not to give out consequences, but rather to talk with students to help them problem-solve. If your child has a problem and he or she needs help solving it, please encourage him or her to leave me a note to set up an appointment. I would love to help your child in any way I can.

I am committed to helping make this a great year for your child and you. I will be available to meet your needs and to answer questions. I can be reached at school at 301-562-2722 or by email at Kristen_G_Heatwole@mcpsmd.org.

Mrs. Heatwole

The George B. Thomas, Sr.

Learning Academy: This is a tutoring/mentoring program that focuses on reading, language arts, mathematics and core academic subjects for students in Grades 1 - 12. This program is held on Saturday morning from 8:30—11:30 am at your local Learning Center. For those in the Academy program, your local Center is Blair High School. For those in the French Immersion program, your local Center is located at the High School closest to your home address.

Preregistration is September 13th from 8:30—11:30 at your Learning Center. Otherwise, you can register your child on the first day of the program, October 4th. Registration must be done in person. Please do not turn in your form to SCES.

Information about this program went home last week. If you need another registration form, please pick one up in the main office or visit www.gbtlearningacademy.org for more information.



Have extra supplies? Need supplies?

If you have any extra supplies, please send them in a bag to the main office to be put in my mailbox. Donations throughout the year are always accepted and very much appreciated! Thank you to those that already sent in extras.

If your child needs any supplies, please send in a note to my attention and I will give your child what I have.

So far, I have a limited amount of: erasers, composition books, pencils, pencil sharpeners, glue sticks, crayons, pencil cases and backpacks.

Meet Mrs. Heatwole—

I grew up in Connecticut and received my BA in Psychology and French from Franklin and Marshall College. I briefly worked in computers right after college, but quickly realized that I needed to be in the school setting. I moved to DC and received my MA in Counseling in 2000 from GWU. In 2000, I also became a National Certified Counselor. This is my 8th year as the Counselor at SCES. When I am not at school, I enjoy spending time with my husband and chasing after my 1 year-old daughter.