



---

## Meet Our School Counselor

My name is Alicia Gottesman and I am thrilled to be starting my 11<sup>th</sup> year at Lakewood Elementary School as school counselor. Previous to becoming a counselor, I served as a 3<sup>rd</sup> and 4<sup>th</sup> grade teacher in Montgomery County. My goal is to help all students be successful academically, socially, and emotionally. I am here as a resource to teachers, children, and families to identify, address, and mitigate challenges so that all students can thrive academically and socially. The Lakewood comprehensive counseling program includes:

### **Classroom Guidance and Classroom Meetings**

I visit each classroom once a month to facilitate discussions and activities. Topics include expressing feelings, managing conflicts, developing growth mindset, personal body safety, career development and bullying prevention.

### **Individual and Small Group Counseling**

Short-term individual and small group counseling may cover topics such as grief, social skills, and divorce. Referrals to the counseling office are initiated based on student, teacher, or parent concerns. Group counseling groups are run during the lunch/recess block for six week sessions.

### **Lunch Bunches**

Lunch Bunches are used to welcome new students, help students to make and maintain friendships, and to problem solve through conflicts.

### **School-wide Programs**

This year, our students will focus on making healthy choices during our “Red Ribbon Week” in the fall. We will also be participating in a disability awareness week where we will learn about

empathy and acceptance. Finally, we have a welcome buddy program so new students can be mentored by some of our finest student leaders.

### No Tolerance Bullying Policy

“Bullying, harassment, or intimidation are serious and will not be tolerated.”

If you suspect your child is being bullied, please contact Mrs. Berner, Principal or Mrs. Gottesman, School Counselor to share your concerns. We will immediately get involved to support the child. If the bullying continues, complete the bullying form on our webpage and return it to Mrs. Berner, Principal. Contact the school for assistance at any time.

**Communication.** Parents are also encouraged to contact me with any questions or concerns that they may have about the psychosocial development of their children.

Please do not hesitate to reach out to me at [Alicia\\_B\\_Gottesman@mcpsmd.org](mailto:Alicia_B_Gottesman@mcpsmd.org) or (301)279-8465

---

## Visit These Resources for Parents



[NetSmartz](http://NetSmartz.org)



[Character Counts!](http://CharacterCounts.org)



[Child Care Aware](http://ChildCareAware.org)



[Good Character.com](http://GoodCharacter.com)



[Children with ADHD](http://ChildrenWithADHD.org)



[Facts for Families-The Anxious Child](http://FactsforFamilies-TheAnxiousChild.org)



[American Counseling Association](http://AmericanCounselingAssociation.org)



[American School Counselor Association](http://AmericanSchoolCounselorAssociation.org)



[MCPS Parent Academy](http://MCPSParentAcademy.org)



[Info Montgomery](#)



Jewish Social Service Agency

[Jewish Social Service Agency](#)



[Bullying Resources](#)