

Pine Crest Elementary School

School Counseling Program



Counselor:

Mrs. Christina Parent

Pine Crest Elementary School

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Parents,

I hope this brochure provides helpful information about the school counseling program at PCES.

What about ...

Confidentiality?

Parent and child confidentiality is protected to the extent allowed by law and school policy.

Counseling in school?

Counseling in the school setting must be brief in nature. I am available to coordinate a referral to a community agency if therapy is indicated or desired.

The best way to contact you?

If you have any questions or wish to see me about your child, please feel free to contact me by email, note, or phone. The best time to reach me is between 8:30 and 9:30 am and after 3:45 pm.



Who is your counselor?

Hello! I am Christina Parent, the school counselor at Pine Crest Elementary School. School Counselors work with students, parents, and teachers in different ways to help children learn and develop to their highest potential. I'm looking forward to working with you and your family this year!

Your Counselor...

- ◆ Works with students individually to help children adjust to school and do their best.
- ◆ Works with students in small groups to help children learn skills to meet their social, emotional, and academic needs.
- ◆ Works with students in the classroom on character education, conflict resolution, and communication skills.
- ◆ Works as a resource for parents and staff.
- ◆ Focuses on academic, personal, interpersonal, career, and healthy development.



Monthly character Traits

This year, we will continue to focus on learning character traits to allow students to develop the knowledge, skills and attitudes they need to achieve academic success, college and career readiness and social/emotional development (ASCA, 2014).

- **September: Citizenship: Introduction to the counseling program**
- **October: Health: Making healthy choices (Red Ribbon Week)**
- **November: Courage: Personal Body Safety**
- **December: Responsibility: Conflict Resolution**
- **January: Kindness: Bullying**
- **February: Respect: Bullying**
- **March: Perseverance: Academic Success**
- **April Ambition: College and Career**
- **May Trust: Internet Safety**

Resources

⇒ http://therapists.psychologytoday.com/rms/prof_search.php

This is a useful link, provided by Psychology Today, where you can find a therapist in your area for you or your family members. You can search by zip code, insurance plan, or even specialty.

⇒ <http://www.netsmartz.org/Parents>
<http://www.netsmartzkids.org>

The netsmartzkids.org website helps teach kids rules for staying safe online.

⇒ <http://www.nasponline.org/families/index.aspx>

Information for families to help children with many issues, from the National Association of School Psychologists.

⇒ <http://www.mdpirc.org/>

Maryland Parent Information Resource Center: information on many resources in the community.

⇒ <http://www.infomontgomery.org/Pages/Home.aspx>

InfoMontgomery: many resources for all kinds of things relating to adults and children.

⇒ <http://www.groups4kids.com/teen.html#top>

Therapy groups in the DC area for kids and teens.



ASCA Mindsets and behaviors for student success

⇒ Mindset Standards

-Healthy balance of mental, social/emotional and physical well-being

-Self-confidence



-Sense of belonging

-Understanding of the importance of college and career readiness

-Belief in using abilities to their fullest

-Positive attitude towards work and learning

⇒ Behavior Standards

-Learning Strategies

-Self-Management Skills

-Social Skills

These content standards are taught through classroom guidance lessons.