

Cabot Public Schools

Cabot Public Schools

Dr. Tony Thurman, Superintendent
Terena Woodruff, Director of Counseling

School Counseling Plan 2020-2021 Grades K-4

**Central Elementary
Eastside Elementary
Magness Creek Elementary
Mt. Springs Elementary
Northside Elementary
Southside Elementary
Stagecoach Elementary
Ward Central Elementary
Westside Elementary**

Central Elementary

Dawn Verkler, Principal
Amanda Davis, Counselor

Eastside Elementary

Jill Fletcher, Principal
Whitney Malham, Counselor

Magness Creek Elementary

Kelly Bankston, Principal
Courtney Gunter, Counselor

Mt. Springs Elementary

Mandy Watkins, Principal
Melanie Fox, Counselor

Northside Elementary

Haley Beavert, Principal
Taylor Smith, Counselor

Southside Elementary

Amy Morrow, Principal
Kera Gross, Counselor

Stagecoach Elementary

Carol Skiba, Principal
Stacy Noechel, Counselor

Ward Central Elementary

Connie Reed, Principal
Emily Taylor, Counselor
Jenie James, Counselor

Westside Elementary

Frankie Glover, Principal
Brenda Phillips, Counselor

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Foundation

Mission

Cabot Public School District

The Cabot School District is committed to "Preparing Today's Students for Tomorrow's Opportunities."

Cabot Counseling Program

The vision of the Cabot School District Counseling Program is for all students to develop academically, socially and emotionally to become resilient, contributing members of a global society.

Vision

Cabot Public School District

The Cabot School District is committed to educating all students to be responsible citizens who value learning, treating others with dignity and respect, and adapt successfully to the demands of a rapidly changing society.

Cabot Counseling Program

The mission of the Cabot School District Counseling Program is to empower all students to develop and use knowledge, abilities, and character to achieve lifelong goals and become contributing members of a global society by equipping students with information, resources, support, and opportunities.

Program Goals

The Program

1. The Cabot Public School District's comprehensive developmental counseling programs includes all students K-4.
2. All Cabot Elementary students K-4 have access to at least one certified school counselor.

Our Program Goals

The goals of our elementary counseling programs are based on school data. Our goals promote achievement, attendance, behavior, and school safety. They address our schoolwide data, policies and practices and address closing-the-gap issues. Our goals address academic, career, and personal/social development of each student.

Student needs will be identified through various sources including teacher report, parent report, staff observation and student self report.

Our Services

The K-4 counseling program includes direct student services which helps to empower students through the following:

1. Individual counseling
2. Small group counseling
3. Whole group counseling lessons
4. Crisis intervention
5. Responsive services

Management

Assessments

Evaluation

- eSchool
- Test Scores
- Walk to Intervention Data
- RTI Data
- Teacher Concerns
- Tracking Communication with Faculty and Parents
- Use of Time Assessment
- Individual Counseling Referral Slips

Data

- Attendance
- Documentation of Students Seen Individually
- Documentation of Students Seen in Small Group Counseling
- Whole Group Counseling Class Schedules
- Backpack Buddy Lists
- PALS Lists
- Teacher Feedback (on programs and individual students)

Delivery

Direct Services

G.U.I.D.E. for Life Program

Cabot elementary school's utilize the G.U.I.D.E. for Life Program within our daily counseling program. The G.U.I.D.E. for Life program is designed to give students a five step process to help achieve their personal success. Using the G.U.I.D.E for Life process, schools will ingrain "real world" skills for success in all students. This will result in a stronger school community and teach the students to be productive citizens. The G.U.I.D.E. for Life Program focuses on strategies for personal growth, understanding yourself, interacting with others, responsible decision making, and showing empathy for others.

School Counseling Core Curriculum

- Whole group counseling lessons
 - Each elementary class receives one to two 30-minute whole group lessons per month
 - Curriculum is developed around key character terms chosen by our school counselors.
 - Follow up materials may be sent to the classroom teacher to continue the discussion after the lesson.

- Small Group Counseling Interventions
 - Students will be placed in small groups based on need
 - Family issues: divorce, sibling rivalry
 - School issues: academic struggles, classroom behavior issues, difficulty interacting appropriately with peers, new students
 - Groups addressing grief, anxiety, depression and other mental health issues may be created based on need.

- Individual Counseling
 - Students may complete a self-referral in order to visit with the counselor.

- Teachers or other staff members may also refer a student to to see the counselor as the need arises.
- Responsive services: activities designed to meet students' immediate needs and concerns. They may include counseling in individual or small group settings or crisis response.
- Crisis Response

School counseling core curriculum:

Counselors will provide structured lessons designed to help students obtain the desired competencies to provide all students with the knowledge, attitudes and skills appropriate for their developmental level. These will include social/emotional, career, academic lessons for whole and small groups, as well as individual counseling.

Elementary Counseling Curriculum Calendar		
Month	Topic	Related Picture Book
August	Respect	<i>Do Unto Otters</i>
September	Citizenship	<i>What Can a Citizen Do?</i>
October	Compassion	<i>Most People</i>
November	Courage	<i>There Might be Lobsters</i>
December	Gratitude	<i>Please, Please the Bees</i>
January	Kindness	<i>What Does it Mean to be Kind?</i>
February	Forgiveness	<i>Desmond and the Very Mean Word</i>
March	Honesty	<i>Lying Up a Storm</i>
April	Perseverance	<i>The Bad Seed</i>
May	Purpose	<i>I Can Be Anything!</i>

The following topics are also addressed and integrated throughout the duration of the school year:

- Bullying
- Conflict Resolution
- Career Education
- Personal Safety
- Growth Mindset
- Resiliency

Indirect Services

Services that are provided on behalf of students as a result of the school counselors' interactions with others including:

Referrals- for additional assistance, consultation and collaboration with parents, teachers, other educators and community organizations.

Consultation- School counselors collaborate with families, school staff and community agencies to develop interventions for students.

Interdisciplinary Activities- School counselors collaborate with school staff to implement curriculum across content areas.

- **Move This World**

- Classrooms are incorporating the Move This World program which helps students and educators across the country understand, express and manage their emotions healthily in order to create safe and supportive environments where effective teaching and learning can occur.

Accountability

To demonstrate the effectiveness of the school counseling program in measurable terms, school counselors analyze school and school counseling program data to determine how students are different as a result of the school counseling program.

-Use data to show the impact on achievement, attendance, and behavior.

Analysis

The social/emotional needs of students will be analyzed to determine the types of interventions that are most needed through whole groups, small groups, and individual counseling.

The following will be assessed and analyzed:

- Number of referrals based on identified need
- Mobile assessments for acute hospitalization
- Referrals to outpatient school-based mental health providers
- Backpack buddy program - Targeting in-need families for community resources such as food, clothes, and additional resources.
- Families who fall under the McKinney-Vento population receive support as needed
- Students who are in foster care are also monitored

<http://www.arkleg.state.ar.us/assembly/2019/2019R/Acts/ACT190.pdf>