

Elementary Student Services

Student services at NKE include services provided by the school counselor and school psychologist at NKE. The school psychologist and the school counselor provide the following services within the school setting:

- **Individual Counseling:** Teacher(s) and/or parents(s) can make a recommendation for a child to meet with either the school psychologist or the counselor. The need for individual counseling may be due to behavioral concerns at home and/or school, family changes, friendship issues, school performance, etc. Individual counseling provides children with the opportunity to receive support, work towards resolution of a problem, express their feelings regarding a specific situation, and learn strategies that could be helpful in dealing with a variety of issues. Children can also feel free to make an appointment on their own to see the counselor or psychologist.
- **Group Counseling:** Throughout the year, students are offered the opportunity to participate in counseling groups. These are small groups of students (4-12) students that meet once a week for approximately six weeks.

Following are the goals for small groups:

- Provide a safe place for students to discuss concerns and feelings.
- Build friendship skills and friendships.
- Provide helpful information on certain topics such as: getting along with others, doing better in school, divorce and changing families, loss and grief, and how alcohol and other drugs can affect a person and/or a family.
- Teach skills for coping with difficult situations.
- Teach skills and provide opportunities for positive growth and positive feelings about self.

A notice about the groups being offered will be sent home with students. Group participation is voluntary, but parent permission is required. The types of groups offered in the past are:

- Friendship skills
- Grief and loss
- Family change (divorce)
- Self-esteem group
- ADHD (Attention Deficit Hyperactivity Disorder)
- Anger Management
- Stress Management

- **Classroom Developmental Guidance** All elementary students participate in classroom lessons and activities with the school counselor about twice a month. Classroom teachers also participate in some of these lessons so they are able to provide follow-up regarding the topic or refer students for additional help and support. The curriculum has been carefully developed to provide information that will meet the developmental needs of students and foster their personal and social growth.

Guidance Topics

- Individual differences
- Problem solving and decision making
- Wellness and healthy choices
- Coping skills and study skills
- Personal safety and protective behavior
- Careers and goal setting

Role of School Psychologist

The major difference between the counselor's role and the psychologist's role is that the guidance counselor provides classroom instruction while the school psychologist provides educational evaluations. Children who are referred for a special education evaluation will be tested by at least two professionals. Most often, one of these is the psychologist. If you have questions about the special education process or whether a child might be in need of an evaluation, please call Carol Wilson at NKE to discuss your concerns.

Parents may feel free to call the psychologist or counselor at the numbers below regarding concerns they may have about their child's adjustment to school, their behavior, etc. Both individuals work closely with school staff to help provide the best possible school experience for children.

School Counselors: Sara Lubbers 835-4107

School Psychologist: Carol Wilson 835-4108