

SPEAK UP WE CARE

We want you to know that every student's voice matters and you are not alone, so please reach out, because we care and are here to help you.

Please visit

<https://bit.ly/31Xyjf1>



Contact Information:

Ms. Griffin

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WHAT IS SEL?

Social Emotional Learning

- ❑ Social and Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, establish and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. (Collaborative for Academic, Social and Emotional Learning, CASEL)
- ❑ Irvine Unified School District and Greentree Elementary School support the social-emotional development of your child. We understand the foundation SEL provides for safe and positive learning, which enhances student's ability to succeed in school, careers, and life.

Meet the ELEMENTARY RESOURCE COUNSELOR



Ms. Griffin

Greentree Elementary School
2019-2020

WHAT DOES AN ELEMENTARY RESOURCE COUNSELOR DO?

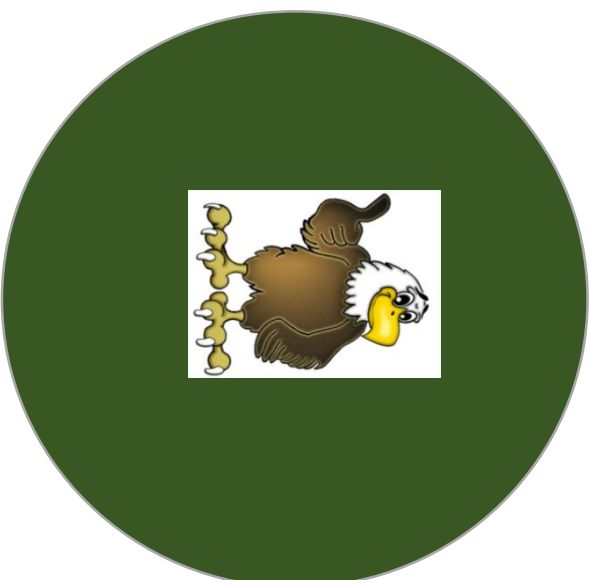
The school counselor is here to support every single student in the building! The counselor does the following:

- ✓ Teaches classroom lessons to all students about a variety of counseling-related topics
- ✓ Runs group counseling activities to support student growth
- ✓ Provides brief, solution-focused individual counseling to support academic, social/emotional success with parent permission
- ✓ Provides support during crises
- ✓ Collaborates with school staff, families, and community agencies to support students
- ✓ Makes referrals for appropriate community resources

The school counselor does not:

- X Take disciplinary action with students
- X Only provide career guidance
- X Tell parents or teachers what to do
- X Provide long-term therapy

COUNSELLING AT GREENTREE



We support students' social emotional development through the following activities:

- ✓ Second Step
- ✓ Lunch Bunch (Thursdays)
 - ✓ During 1st-6th Lunch Recess
- ✓ Calm Classroom
- ✓ Speak Up, We Care
- ✓ Restorative/ Community Circles
- ✓ Individual Counseling
- ✓ Group Counseling

TOPICS COVERED IN CLASSROOM SECOND STEP LESSONS

- ✓ Skills for Learning
- ✓ Empathy
- ✓ Emotion Management
- ✓ Problem Solving
- ✓ And so much more!

Provided by our Guidance Assistant:

Ms. Garay

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