

Roots of Resilience

Nurturing Wellness in Students & Families

February 2024



NATIONAL SCHOOL COUNSELING WEEK FEBRUARY 5 - 9, 2024

Theme: *School Counseling: Standards-Based,
Student-Focused*

This week is devoted to focusing attention on the critical role school counselors play in our school system.

We know school counselors are on the faculty at schools, but you may not know all that being a school counselor entails.

Let's begin with what a school counselor believes, based on the American School Counselor Association standards:

Mindsets

School counselors believe:

- M1.** Every student can learn, and every student can succeed.
- M2.** Every student should have access to and opportunity for a high-quality education.
- M3.** Every student should graduate from high school prepared for postsecondary opportunities.
- M4.** Every student should have access to a school counseling program.
- M5.** Effective school counseling is a collaborative process involving school counselors, students, families, teachers, administrators, and other school staff.
- M6.** School counselors are leaders in the school, district, state, and nation.
- M7.** School counseling programs promote and enhance student academic, career, and mental wellness outcomes of the students.

Next, let's see what school counselors do based on ASCA standards:

- Demonstrate understanding of educational systems, legal issues, policies, and current research
- Demonstrate an understanding of the impact of different influences have on student success and opportunities
- Design and implement instruction in large-group, classroom, small-group, and individual settings
- Provide short term counseling
- Make referrals to appropriate school and community resources
- Consult to support student achievement and success
- Collaborate with families, teachers, administrators, other school staff and education stakeholders for student achievement and success
- Create a school counseling program that is aligned with the mission statements of the school and district
- Identify gaps in achievement, attendance, discipline, opportunity and resources

Finally, what does this all look like at the school level?

- Advisement for academic planning
- Orientation, coordination, and academic advising for new students
- Interpreting cognitive, aptitude, and achievement tests
- Providing counseling to students who are tardy or absent
- Providing counseling to students with disciplinary issues
- Interpreting student records
- Protecting student records and information per state and federal regulations
- Analyzing grade-point averages in relationship to achievement
- Consulting with the school principal to identify and resolve student issues, needs, and problems
- Advocating for students at individual education plan meetings and 504 meetings

While the roles of a school counselor at elementary, middle, and high school levels may look different, their basic function is the same: student success.

THIS MONTH

National School Counseling Week

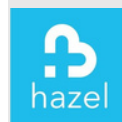
Random Acts of Kindness Week

International Boost Self-Esteem month

Hazel Health

Habitudes

Toolkit Spotlight



ACPS is pleased to announce Hazel Health counseling services are open to all FAMILIES.

Hazel Health offers teletherapy services for students at school and at home by licensed therapists.

This service is being offered at NO COST to families.

- Scheduling is done at the convenience of the student and their family
- Virtual one-on-one therapy will be available for any K-12 student of the Alachua County Public Schools system.

If you believe your student could benefit, please visit <https://my.hazel.co/alachua> to sign up!

DATES TO REMEMBER

Thursday, February 22nd -
6-7PM via Zoom

<https://cookcenter.info/ParentAcademy>



**Parent
Guidance
Mental Health
Series**

Topic: *Emotional Regulation
- Recognizing What's Wrong*

Attitudes and Habitudes

Habitude of the Month: Relationships & Empathy

Promotes: self & social awareness and perspective taking

Each month, ACPS Middle and High school students participate in Resiliency Education: Civic and Character Education and Life Skills Education as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.



Middle School Lesson: Fountains and Drains

- People can be either a fountain or a drain - flowing into others or draining them of their energy
- Leaders focus on empowering people rather than exploiting them

High School Lesson: Emotional Fuel

- A person's future is shaped by the people closest to him or her. A personal network is their emotional fuel: models, heroes, mentors, inner circle, and accountability partners.

TECHNOLOGY: FRIEND OR FOE?

Several studies show that approximately half of all US children own a smartphone by age 11 (smartphone defined as a *phone with additional features such as email or an internet browser*). With this type of technology and apps/sites such as YouTube, Facebook, Instagram, Snapchat, tiktok, X, Discord, Reddit, and others, children have a wealth of information and opportunities at their fingertips.

While access to technology can be a great thing - a way of connection, academic resource, finding inspirational content, there are also dangers involved. Children can view inappropriate material, post negative material, communicate with non-approved individuals, etc. For this reason, it's important to stay involved and have an open line of communication with your children.

From Nemours KidsHealth,

- Basic guidelines to share with kids:
 - Never post or trade personal pictures or information, such as address, phone number, school name, etc.
 - Never agree to get together in person with anyone met online, or even those who are known, without guardian approval
 - Always tell a guardian or other trusted adult about any communication or conversation that was scary or hurtful
- Basic guidelines for guardian supervision:
 - Spend time together and set your expectations for technology use
 - Monitor time spent on smartphones or tablets
 - Check your credit card and phone bills for an unfamiliar account charges
 - Research available online protection - parental controls, special software, usage restrictions
- Additionally, watch for some of these potential warning signs:
 - Spending long hours on a device, especially at night
 - Phone calls or mail from unknown individuals
 - Secretive device behavior (switching off or closing tabs quickly) or withdrawal from family

TOOLKIT SPOTLIGHT: PRACTICING KINDNESS



American psychologist Martin Seligman states,

"DOING A KINDNESS PRODUCES THE SINGLE MOST RELIABLE MOMENTARY INCREASE IN WELLBEING THAN ANY OTHER EXERCISE WE HAVE TESTED."

Often times when we're feeling down, we may wonder what we can do for ourselves that will lift our mood. However, it could also be a matter of what we can do for *others* that will, in fact, boost our mood.

According to the American Psychological Association, studies have shown that kindness and generosity not only benefit the recipients, but also boost the well-being for the person offering kindness.

Here are some suggestions for *RANDOM ACTS OF KINDNESS*, appropriate for ALL ages:

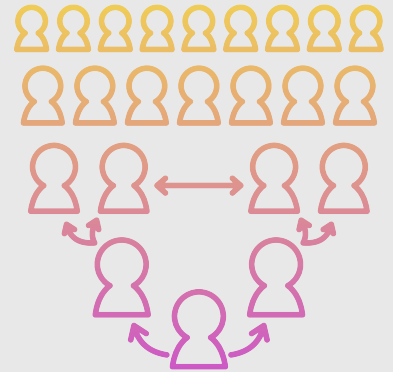
- Leave a kind note for someone to find
- Volunteer at a local charity, shelter, or non-profit organization
- Donate to a food bank
- Hold the door open for someone



How do the *Habitudes* lessons relate to Random Acts of Kindness and boosting self-esteem?

We've all heard the phrases, "Debbie Downer" or "Negative Nancy", but what does that really mean? Sometimes it applies to the words we say or the way we act and other times it applies to the words or actions of our family or friends. It can be easy to find our mood deflating when we surround ourselves with negative individuals - or "drains".

This month's *Habitudes* discuss being a fountain, or a source of inspiration for others. This involves empowering people rather than exploiting them. Just like we can "absorb" the emotions of others and allow them to bring us down, we can also choose to emit positivity and make it contagious.



Mental Health:

- Florida Suicide Prevention Hotline
 - [800-273-8255](tel:800-273-8255) **OR**
 - Dial 988
- Alachua County Crisis Center
 - [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health
 - [352-374-5600](tel:352-374-5600)
- Hazel Health - A teletherapy option.
 - my.hazel.co/alachua

Substance Use:

- Alcohol & Drug Addiction Hotline
 - Call or text 988 **OR**
 - [850-487-2920](tel:850-487-2920)
- Meridian-In-Patient Detox
 - [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox
 - [352-265-5481](tel:352-265-5481)

Parent Coaching & Support:

- [Parentguidance.org](https://www.parentguidance.org)