



## HAYES SCHOOL COUNSELING CONNECTION | JANUARY 2020

### **WHAT CAN WE DO TO HELP?**

Happy new year from Mrs. Thompson and Ms. Brown, the Hayes School Counseling Team! We are looking forward to continuing the school year supporting our students and staff. We have the responsibility of promoting academic, career, and social/emotional development in all students. Here is some of the work we do to support students:

- **Classroom Guidance Lessons:** Lessons that teach developmentally appropriate mindsets and behaviors are presented in the counseling classroom for all student. Mrs. Thompson provides lessons for grades K-2. Ms. Brown provides lessons for grades 3-5.
- **Small Groups:** Small groups for students experiencing similar concerns are provided. Topics may include developing social skills or handling conflict resolution. The groups last for multiple sessions.
- **Individual Counseling:** We provide one-on-one support to students as needed. Students may self-refer or be referred by staff and/or parents. Information is discussed confidentially unless there is a safety concern.
- **Consultations:** We are available to meet with school staff and/or parents to discuss the needs of individual students.

### **CONTACT INFORMATION**

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### **THIS MONTH IN THE COUNSELING ROOM**

This month in the counseling room we are talking about how students can reach for their goals in the new year. Students are learning about taking responsibility for choices at school and home that will help them reach their goals. Also, it is not enough to simply say, "I want to get good grades." Students should take it a step further and think about steps towards achieving that goal.

Specific	Measurable	Achievable	Realistic	Timely
<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>G</b>	<b>O</b>	<b>A</b>	<b>L</b>	<b>S</b>
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

### **PARENT RESOURCES**

Here is a resource that you can use with your student to talk about the process of setting goals: <https://www.pbs.org/parents/thrive/how-to-help-your-child-set-and-reach-goals>. If you are looking for additional resources related to helping your student, let us know.

### **UPCOMING NEWSLETTERS**

We are excited to begin using this format to share about the school counseling program. Be on the lookout for upcoming newsletters with resources, photos, and more detailed information about what we are up to in the counseling room!