

Counselor's Corner

January 2019

- **Girls on the Run:** The spring Girls on the Run season begins the week of February 18, 2019. Nine 4th/5th grade girls have registered for the Southgate team. Ms. Weber will be joined by Mrs. Hansman and Mrs. Samuel as coaches when the season begins next month. The team will meet on Tuesdays/Thursdays from 3:15-4:30.
- **High School Applications:** All of our 8th graders have applied to the local high school of their choice. Nine of our students are committed to Bellevue High School, three are committed to Highlands High School, two are committed to Newport High School, and one is undecided. We are proud to have our students prepared early to make their schedules and plans for their freshman year. Way to go 8th graders!
- **Classroom Guidance:** Ms. Weber continues to provide weekly lessons to preschool and kindergarten students using the *Second Step* curriculum. She will begin meeting with the 5th grade class on Monday afternoons to teach the *Why Try* curriculum, which includes 10 lessons focusing on decision-making, dealing with peer pressure, creating support systems, and resiliency. This program is new for Ms. Weber, and she is excited to pilot it with our youngest middle school students!
- **Small Group Counseling:** Ms. Weber will begin a weekly lunch group with all 7th grade girls to build relationships and address social issues. This group is created in response to challenges the girls have faced lately in their classes and outside of school. Ms. Weber will use the small group curriculum *Girls in Real Life Situations* to structure the weekly meetings. She will also correspond with the middle school teachers to assess the effectiveness of the group in reducing social problems among the girls.
- **Trauma Training:** At the January staff meeting, Ms. Weber presented information to all faculty and staff on "Creating Trauma-Informed Classrooms." Ms. Weber offered practical solutions to teachers to help them address the ever-growing needs of our students who have experienced trauma and toxic stress. Due to the challenges that many of our students face in their home environments, the issue of chronic stress and emotional disruption will be an ongoing focus in our district. Ms. Weber will continue to attend trainings to stay up to date on the newest research surrounding these issues and will share her learning with Southgate staff.
- **School-based Therapy:** Our former school-based therapist has been replaced by a new clinician, Mr. Sam Staggs. Mr. Staggs will be at Southgate all day on Fridays, and he will continue services for all the students who have been referred for additional support. As of now, Mr. Staggs' caseload includes nine Southgate students, with two more pending referral.
- **Counselor Roundtable:** Ms. Weber continues to meet with her *roundtable* group of Northern Kentucky school counselors. The January roundtable meeting is scheduled for Monday, January 28 at the Boone County Board of Education.