

Counselor's Corner

September 2023

Ms. Jennifer Weber

- **Terrace Metrics Survey:** Ms. Weber is administering the Terrace Metrics Risk and Resiliency survey to all students in grades 3-8 this week. This survey assesses the students in numerous domains that measure their resiliency (grit, hope, school satisfaction, etc.) and their risk factors (anxiety, depression, past trauma, etc.). The survey results help us identify students who need extra support and give Ms. Weber data to share with parents to intervene with their children outside of school. We will take the assessment again in the spring to assess our students' progress throughout the school year.
- **Suicide Prevention Training:** Ms. Weber visited the 6th-8th grade classes to present a suicide prevention/depression awareness training. This training is required for all middle and high school students per Kentucky state law, and it teaches adolescents how to recognize warning signs in their peers and themselves. It also provides students with resources for help if they know someone who is struggling with depressive symptoms or suicidal ideation. It is important to give our students these tools to remove the stigma around seeking help and to empower them to navigate the more difficult phases of their teen years.
- **High School Transition:** We would like to try something different this year to aid our 8th graders in choosing a high school for next year. The administrative team discussed hosting a parent night for 8th grade families that would include "high school showcases," where surrounding schools would be invited to send a representative to meet with students and parents and discuss the opportunities at their respective schools. Ms. Weber will reach out to the counselors at Newport, Bellevue, Highlands, Dayton, and Campbell County to gauge their interest in attending this event. More details to come.

