

# COUNSELING DEPARTMENT

## DEPARTMENT UPDATES

We would like to introduce you to the newest member of the Counseling Department, Kara Johnson. Please join us in welcoming Kara to the Pine Valley family! Below you will see our roles, phone numbers, and email addresses that you can use to reach out to any of us.

## WHO'S WHO IN THE PINE VALLEY CENTRAL SCHOOL DISTRICT COUNSELING DEPARTMENT

<p><b>Amanda Miller</b> School Counselor Grades: PreK-6 (716) 988-3291 ext. 3322 <a href="mailto:amiller@pval.org">amiller@pval.org</a></p>	<p><b>Stacy Chase</b> Counseling Department Secretary (716) 988-3276 ext. 4334 <a href="mailto:schase@pval.org">schase@pval.org</a></p>
<p><b>Shane Gallivan</b> School Counselor Graduation years: 2023, 2025, 2027, 2029 (716) 988-3276 ext. 4310 <a href="mailto:sgallivan@pval.org">sgallivan@pval.org</a></p>	<p><b>Katie Markiewicz</b> District School Psychologist (716) 988-3291 ext. 3356 <a href="mailto:kmarkiewicz@pval.org">kmarkiewicz@pval.org</a></p>
<p><b>Kate Caldwell</b> School Counselor Graduation years: 2022, 2024, 2026, 2028 (716) 988-3276 ext. 4335 <a href="mailto:kcaldwell@pval.org">kcaldwell@pval.org</a></p>	<p><b>Kara Johnson</b> Social Worker (716) 988-3276 ext. 4450 (HS) (716) 988-3291 ext. 3405 (ES) <a href="mailto:kajohnson@pval.org">kajohnson@pval.org</a></p>



## ELEMENTARY COUNSELING NEWS AND NOTES

Words shape our reality. For this reason, those with rich emotional vocabulary often experience a better understanding of themselves and are better able to communicate their feelings to others. Your emotions accompany you every second of your life and condition your behavior. You take them into account whenever you make decisions, behave in one way or another, and interact with other people. In fact, given their considerable influence, it's recommended that feelings are identified and understood early in your life so they can be more easily managed. This makes the teaching of social-emotional skills in school a vital part of child development.

Children who can understand and verbalize what they are feeling are better able to manage and cope with a broad range of uncomfortable emotions such as anger, frustration, disappointment, jealousy, loneliness, sadness, and anxiety. Emotional vocabulary refers to the range of terms, concepts, and meanings that you use when referring to your internal state of being. As a matter of fact, the broader, richer, and more varied this is, the easier it will be to specify what you feel, understand, and communicate to others. Teaching children to have a strong emotional vocabulary sets the foundation of CCC (Character, Coping, and Careers), the curriculum that is provided biweekly to all grade levels (K-6) by the elementary school counselor.



Each grade level is taught social-emotional skills at their developmental level. Various terminology is used to create a common language that grows with students as they advance through the grade levels. More skills are taught as they age that build upon skills they learned the year before. Below is a brief overview of what the students have been taught in CCC class up to this point this school year. Updates will be provided with each newsletter. The goal is to inform parents of the content students are learning and to provide the common language they can use and reinforce at home. Students become more successful in the use of social-emotional skills when these skills are bridged to real life situations, commonly outside of the classroom.

Grade Level	CCC Topics Presented (September- November 2022)
Kindergarten	Introduction to “The Little Spots of Feelings”. Understanding how to be feelings detectives in ourselves and others, identifying both facial expressions and body language.
First Grade	Review “The Little Spots of Feelings”. Identify the ups and downs in our day and problem solve ways to cope and ask for help. Accept all our feelings are normal and a part of who we are.
Second Grade	Review “The Little Spots of Feelings”. Understanding our “scribble” emotion (being all tied up), using “I” statements to express our feelings, identifying various coping skills for uncomfortable emotions.
Third Grade	Introduce the roller coaster of life (our ups and downs), identifying coping strategies and supportive people in our lives to help us with our downs. Seeing coping strategies as our superpower. Learning deep breathing and mindfulness.

Grade Level	CCC Topics Presented (September- November 2022)
Fourth Grade	Review of roller coaster of life. Identifying who and what is on our safety ladder (positive thinking, supportive people, and coping skills). Placing coping skills into categories such as creativity, using words, distraction, and physical activity. Students learn to create their own unique coping skill toolbox.
Fifth Grade	Connecting how our automatic negative thoughts impact our emotions and in turn our behavior (how I think affects how I feel affects how I act). Students learn to recognize their negative thinking and how to challenge negative thoughts with a rational and positive view of the problem.
Sixth Grade	Seeing emotions on an intensity continuum (being annoyed is different from feeling furious, being nervous is different than feeling panic), problem-solving through uncomfortable feelings, identifying safe and unsafe coping strategies, introduction to stress management techniques

## JR./SR. HIGH SCHOOL COUNSELING NEWS AND NOTES

### Annual College Consortium:

On September 21<sup>st</sup>, we welcomed 21 Western New York college admissions representatives to visit our high school students. All the representatives set up in our gym and students were able to ask questions to learn about each college and to build contacts.



### College Talks:

College representatives also make independent visits to our school throughout the year. This year, we have been holding College Talks in our library in small group settings. The admissions representatives come to discuss what their school has to offer, including tuition rates, scholarships, majors, sports, housing information, and student support programs. Some of the colleges

that have visited include SUNY Canton, Keuka College, Le Moyne College, University of Pittsburgh at Bradford, Wells College, Mercyhurst College, SUNY Brockport and Daemen University. We will have more visits in the Spring of 2023.

## College Visits:

This year we plan to take our 11th graders on three college visits. These visits will also allow our 6<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders to explore different college campuses. Our hope is to expose students to different educational atmospheres while also informing them of college expectations, tuition rates and scholarship opportunities. Our college trips for this year include:

- 11th and 9th graders visited St. Bonaventure University on 11/15/22
- 11th and 7th graders will visit University at Buffalo on 12/7/22
- 11th and 6th graders will visit Rochester Institute of Technology in May of 2023.



## Career Visits:

We also plan to visit different local companies/organizations to encourage post high-school employment planning. If college is not something students want to explore, we are hoping to get their gears turning on these visits! Our career visits this year include:

- 8th graders will visit Purina in the Spring of 2023
- 10th graders will visit Cummins Engine 3/21/23
- 12th graders will visit the Seneca Allegany Resort & Casino in the Spring of 2023

\*Permission slips will be sent home leading up to these events. There will also be more information advertised on Facebook as well as calls from the school with more updates!

## SAT and PSAT:

Some of our seniors opted to take the SAT in school on 10/27/22. This is a unique opportunity we can offer twice a year for our students. This option reduces the stress of the exam by offering it in the comfort of their school and without requiring them to give up a Saturday.

Most of our Juniors took the PSAT on 10/12/22, and they will have the opportunity to sit for the SAT in April 2023. If any student is interested in taking that SAT, please let the counseling office know. We will be pushing out more information soon.

