

THE ADVOCATE

HCPSS Elementary School Counseling Monthly Newsletter

September 2019

New This School Year!

Watch for our monthly newsletter, **The Advocate**, at the beginning of each month. Here, our school-based counselors and [HCPSS School Counseling Department](#) will share helpful information about nationwide efforts (*In Our World*), county initiatives (*In Our County*), school programs (*In Our School*), and home-school connection tips (*In Our Homes*) in the areas of academic growth, social-emotional development, and career exploration. We will also share some little-known **Fun Facts** about the role of school counselors in today's educational world!



Fun Fact!

The term *guidance counselor*, which historically referred to "guiding" high school students toward career or college paths, has evolved to better reflect today's role. The term *school counselor* is now used to identify individuals that are "certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program" ([ASCA](#)). Please click [here](#) to view an infographic about the role of today's ~~guidance counselor~~ school counselor!

In Our WORLD

Welcome back to the 2019-20 school year! Each school year starts off with world-wide efforts in regards to suicide awareness and prevention. Click the links below to learn more about these mental health efforts!

[World Suicide Prevention Day \(Sept. 10th\)](#)

[National Suicide Prevention Week \(Sept. 8-14th\)](#)

In Our COUNTY

All HCPSS certificated staff are participating in *student suicide prevention and safety training*. This training addresses MSDE's adopted COMAR (13A.07.11) regulation, which supports House Bill 920 (Chapter 335), to ensure that all certificated staff:

- (1) understand and respond to youth suicide risk;
- (2) understand and respond to student mental health, student trauma, student safety and other topics related to student social and emotional well-being;
- (3) and identify professional resources to help students in crisis.

Please visit the [MSDE website](#) to read more about this regulation.

In Our SCHOOL

Forest Ridge Elementary

School Counselor: Alyssa Schuck <alyssa_schuck@hcpss.org>

Throughout September, we will be working to set routines and structures that will help lay the groundwork for a successful school year. Ms. Schuck and her intern, Ms. May will be (re)connecting with each classroom (K-5) to remind students about the resources and supports available through their school counselor. We will also be promoting our student leader program for grades 3-5 and discussing how to set goals and persevere in K-2!

In Our HOMES

In light of September's mental health efforts, you may be wondering what you can do to help. A known protective factor for mental health is **resilience**. Click [here](#) to learn more about building resiliency at home. Additionally, check out these [children's books](#) (organized by age range) that you can read with your child(ren) at home!

