



## Highland Park Elementary School

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Lee's Summit, MO 64063

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### Office of the Counselor

August 2018

Dear HPE Families,

I wish to extend a warm welcome as we begin the 2018-2019 school year at Highland Park! As your school counselor, I am excited to have the opportunity to help your child have a successful experience at school. My goal is to assist students in learning the skills and attitudes necessary to be successful learners and productive citizens. Through individual counseling, small groups and monthly classroom lessons we will emphasize communication, decision-making, interpersonal and career awareness skills.

The Lee's Summit Counselor Classroom Curriculum includes lessons on **learning skills** - to learn strategies to be a successful and productive student; **personal and body safety and self care** - to learn simple, straightforward strategies to protect themselves from abusive situations and take care of their bodies and minds; **mental health first aid** - promoting well-being, our 5th and 6th grade students will learn how to identify concerns about others and how to report to appropriate helpers **bully awareness** - how to identify and deal with bully behaviors; **conflict resolution** - learn problem solving methods; **friendship skills** - learn ways to make and maintain friendships; and **career awareness** - introducing children to a variety of career options. All of our curriculum materials and videos are available for parent viewing upon request.

Furthermore, I offer opportunities for students to participate in small groups, covering a variety of topics. I will also be available to meet individually with your child on expressed concerns. Typically, individual and group counseling is short-term with a problem solving focus. Children are referred by their teacher, other staff member, and parents for groups and individual sessions. Children may at times self-refer for individual counseling sessions.

My school website is another great resource for information on counseling topics and parenting tips. You can access the HPE Counseling website through the *Staff* link, *Teaching Staff*, and then *Web* under my picture on the Highland Park webpage or via this address: [ngilbertcounselor.blogspot.com](http://ngilbertcounselor.blogspot.com)

If you have any questions regarding school counseling at Highland Park, please feel free to contact me. I look forward to another wonderful year working with your child!

Respectfully,

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