

The logo features a yellow circle with the text "SWIS" in black. Below it, the word "Support" is written in a large, teal, cursive font. Underneath "Support", the words "School Counseling" and "Department" are written in a smaller, pink, sans-serif font. The entire logo is decorated with several small dots in yellow and pink, and stylized teal and pink swooshes.

SWIS

Support

School Counseling
Department



3

JAMIE NIKOPOULOS

4

SAMANTHA ENGLEHART

5

TERRI O'DONNELL



Services Provided:

Bi-Weekly Classroom Lessons following the *Second Step* Curriculum.

We focus on the following areas:

1. **Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.
2. **Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
3. **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
4. **Problem Solving:** Students learn a process for solving problems with others in a positive way

Services Provided Cont.

 **Individual Support:** Referral Based support (i.e., parent, classroom teacher)

Not a therapeutic based service, but a 4-6 week intervention to help your child individually build additional skills, topics may include: grief management, self regulation, anxiety, friendships, self esteem, etc.

Services Provided Cont.



Group Intervention: Referral Based support (i.e., parent, classroom teacher)

Not a therapeutic based service, but a 4-6 week intervention to help your child build additional skills, alongside their peers who are also struggling in that same area. Topics may include: grief management, self regulation, anxiety, friendships, self esteem, etc.

How do I contact my child's School Counselor?

Please call or email your child's School Counselor- Please allow 24 hours for your child's counselor to respond. Please include: your name, your child's name, and the current concern you have for your child, as well as updated contact information.

Emails:

Grade 3 - Jamie Nikopoulos - Jnikopoulos@auburn.k12.ma.us

Grade 4 - Samantha Englehart - Senglehart@auburn.k12.ma.us

Grade 5 - Terri O'Donnell - Todonnell@auburn.k12.ma.us

Phone: 508-832-7744 ask to speak with your child's counselor. If we are not readily available, please leave a message with the building secretary.