

School Counseling

Department





JAMIE NIKOPOULOS



SAMANTHA ENGLEHART

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TERRI O'DONNELL



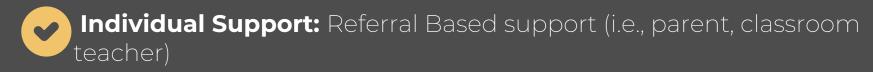
## Services Provided:

#### 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.



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 <u>updated contact information</u>.

#### Emails:

Grade 3 - Jamie Nikopoulos - <u>Jnikopoulos@auburn.k12.ma.us</u>

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

Grade 5 - Terri O'Donnell - T<u>odonnell@auburn.k12.ma.us</u>

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.