

# COUNSELOR'S CORNER

## Belforest Elementary School

Grades K-3 Rebecca Johnson [rjohnson@bcbe.org](mailto:rjohnson@bcbe.org)

Grades 4-6 Kim Powell [kpowell@bcbe.org](mailto:kpowell@bcbe.org)

## August Campaign

We want your child to be as successful as possible at school. Success in school is not just about reading and math. It is also about knowing how to learn and how to have a good relationship with others.

Our August campaign is Attendance Matters! Attending school regularly helps children feel better about school—and themselves. Parents can start building this habit in kindergarten so your child can learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in the professional world. You can begin to teach your child the importance of having a strong work ethic by attending school now.

### What Can You Do?

- Set a regular bedtime and morning routine.
- Have your child lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure they have the required shots.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors, and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.



## School Counseling Program Information

11364 Co Rd 64  
Daphne, AL 36526

(251) 607-5624  
rjohnson@bcbe.org (K-3)  
kpowell@bcbe.org (4-6)

## Meet the Counselors

Mrs. Johnson has been in education since 2006. She has been a counselor since 2016. She holds a Bachelor's and Master's Degree from the University of South Alabama. She was the 2023 School Counselor of the Year for the state of Alabama.

Mrs. Powell has been in education for 21 years. She started as a counselor when Belforest first opened. She has her Bachelor's Degree from the University of West Florida and her Master's Degree from the University of West Alabama. She was voted the 2024 Nappie Awards Baldwin County School Counselor.

Your school counseling program has been recognized for running a comprehensive school counseling program. It is also the recipient of multiple state and national awards.

We love working in Baldwin County and proud to be Daphne Trojans!

## Growth Mindset

ways to help your child

### TALK ABOUT IT

Talk with your child about his or her day, but guide the discussion by asking questions like:



- Did you make a mistake today? What did you learn from it?
- What did you work hard on today?

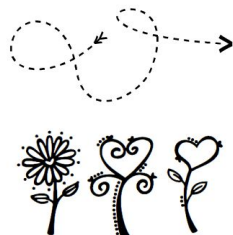
### CELEBRATE MISTAKES (say what?!)

Allow your kids to fail and make mistakes. But, isn't that hard to do? And why would you want to do that if you can help them succeed? Making mistakes is how we learn. Remind her that each time she fails and tries again, her brain is growing stronger!

### PRAISE EFFORT OVER SUCCESS

Instead of focusing your attention on the times when your child is successful, recognize the times when they are putting effort into what they are doing. Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

## Why connect with the school counselor?



### Helping Students

...to problem solve, explore interests, learn to cope with emotions, and to meet academic, personal, and social goals.

### Helping Parents

...to provide support when seeking help, connect with local agencies, and review their child's academic & behavior development.

### Helping Teachers

...to make referrals as necessary, provide support when seeking help, teach guidance lessons based on student needs.

## How do I see my school counselor?

- ✓ Student self referral
- ✓ Teacher referral
- ✓ Parent referral
- ✓ Administrator referral
- ✓ Counselor observation

## What types of programs are offered?

### Classroom Guidance

School Counselors utilize Prevention and Awareness for Total Health (P.A.T.H.) curriculum. They deliver instructional classroom lessons one time a month for 30 minutes. Parents have a right for their child to sit out of whole group lesson participation.

If you would like to opt out, please make sure to return the consent form to your child's teacher and/or counselor.

### Small Group Counseling

Small Group counseling offers the opportunity for students with similar concerns or goals to learn and talk with each other in a safe and fun environment. Topics may include friendships, leadership, grief/loss, changing families, study skills, and organization.

### Individual Counseling

Individual counseling is available to all students to discuss academic, personal, and social issues. School counseling is not therapy, but brief, solution-focused support for a problem that may be affecting their achievement and focus in school.

## CONFIDENTIALITY

Student and family privacy is very important. All information shared with a school counselor will remain confidential unless required by law to report information to parents and/or to appropriate agencies.

Counselors may share information with teachers/staff with student or parent permission.



# School Social Work Info

## Meet The Social Worker!

Mrs. Ponder is excited to be back at Belforest Elementary for the second year! Mrs. Ponder also serves all of the elementary schools and the middle school in the Daphne feeder pattern. She has a B.S. in Psychology from Spring Hill College and a Master of Social Work degree from the University of Alabama. Mrs. Ponder has previous experience as a child/adolescent therapist and in preschool education. She will be on campus every Friday.!

## Contact Info:

[eponder@bcbe.org](mailto:eponder@bcbe.org)

(251)350-9559

## What can the Social Worker help with?

- Community resources (food assistance, housing referrals, mental health referrals, etc)
- Assisting homeless families through our federal McKinney-Vento program
- Supporting the foundational wellness of our students through small group and individual counseling
- Providing support to families experiencing major life transitions
- Weekend meals for families in need
- And so much more...!!!!

If your family is in need of any type of assistance or support please reach out! Mrs. Ponder is here to connect you with community resources and provide support at school.



## Elementary Large Group Guidance Classes

### Parent/Guardian Opt-Out Request

Dear Parents or Guardians,

Baldwin County Public Schools are committed to your child's complete wellness and life-long health; therefore, throughout the year, school counselors will be utilizing the evidence-based Prevention and Awareness for Total Health (P.A.T.H.) curriculum. School counselors deliver instructional classroom sessions using the guidance curriculum provided by Thriveway. The P.A.T.H. program constitutes a Tier 1 prevention curriculum accessible to all K-12 students. Its components are tailored to each grade level, ensuring age-appropriate content encompassing essential life skills and strategies. This curriculum is aligned with the Counseling Standards outlined by the Alabama State Department of Education.

Each developmental phase for elementary students brings its own unique set of challenges and opportunities. We strive to equip our students with tools that will help them combat those challenges, protect physical health and safety, foster kindness, enhance relationships, promote foundational wellness, maintain perspective, employ positive coping skills, and build resiliency.

We want our students to do more than survive – we want them to thrive! We believe that schools and families must work together for the betterment of the whole child, and our partnership and communication with you is a key factor in the success of that mission. We are excited to share this information with you as we use P.A.T.H. to empower students to make choices that will protect their safety, enhance connectedness, and encourage life-long health.

**IMPORTANT NOTE:** We are excited to bring P.A.T.H. to all students. However, if you choose to have your student opt out of these lessons, please complete the form below and return to your child's school. Also, please be aware that the opt out requests do not transfer from school to school. Therefore, if your child changes schools you will need to submit an additional form.

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I CHOOSE FOR MY CHILD **NOT** TO PARTICIPATE IN LARGE GUIDANCE CLASSES WITH THEIR PEERS WITHIN THE CLASSROOM SETTING.

Student name: \_\_\_\_\_ Classroom Teacher: \_\_\_\_\_

School Name: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Parent Guardian Name: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_



## Clases de Orientación para Grandes Grupos de Primaria

### Solicitud de Exclusión Voluntaria por el Padre/Tutor

Estimados Padres o Tutores,

Las Escuelas Públicas del Condado de Baldwin están comprometidas al bienestar completo y la buena salud de su hijo durante toda la vida; por lo tanto, a lo largo todo del año, los consejeros escolares utilizarán el plan de estudios de Prevención y Conciencia para la Salud Total (PATH) basado en evidencia. Los consejeros escolares llevan a cabo sesiones de instrucción en el aula utilizando el currículo de orientación proporcionado por ThriveWay. El programa PATH constituye un plan de estudios de prevención de Nivel 1 accesible para todos los alumnos de K-12. Sus componentes se adaptan a cada nivel de grado, garantizando un contenido apropiado para la edad y embarcando habilidades y estrategias esenciales para la vida. Este plan de estudios está alineado con los estándares de la consejería descritos por el Departamento de Educación del Estado de Alabama.

Cada fase de desarrollo para los alumnos de primaria trae su propio conjunto único de desafíos y oportunidades. Nos esforzamos en equipar a nuestros alumnos con herramientas que los ayudarán a combatir esos desafíos, proteger la salud física y la seguridad, fomentar la amabilidad, mejorar las relaciones, promover el bienestar fundamental, mantener la perspectiva, emplear habilidades de afrontamiento positivas y cultivar resiliencia.

Queremos que nuestros alumnos hagan más que sobrevivir: ¡queremos que prosperen! Creemos que las escuelas y las familias deben trabajar juntas para el bien del niño en su totalidad, y nuestra asociación y comunicación con usted es un factor clave del éxito de esa misión. Nos complace compartir esta información con usted a medida que usamos el programa PATH para capacitar a los alumnos de tomar decisiones que protegerán su seguridad, mejorarán la interrelación y fomentarán la salud durante toda la vida.

NOTA IMPORTANTE: Estamos emocionados de dar a conocer el programa PATH a todos los alumnos. Sin embargo, si desea que su hijo no participe en estas lecciones, por favor, complete el formulario a continuación y devuélvalo a la escuela de su hijo. Además, tenga en cuenta que las solicitudes de exclusión voluntaria no se transfieren de una escuela a otra. Por lo tanto, si su hijo cambia de escuela, debe entregar un formulario adicional.

ELIJO QUE MI HIJO NO PARTICIPE EN GRANDES CLASES DE ORIENTACIÓN CON SUS COMPAÑEROS DENTRO DEL AULA.

Nombre del alumno: \_\_\_\_\_ Maestro: \_\_\_\_\_

Nombre de la escuela: \_\_\_\_\_ Nivel de grado: \_\_\_\_\_

Nombre del padre/tutor: \_\_\_\_\_

Firma del padre/tutor: \_\_\_\_\_