

MEET SACRED HEART ACADEMY'S SCHOOL COUNSELOR

I hope you and your family had a fun and relaxing summer vacation. My name is Lindsey Power and I am Sacred Heart's new school counselor. It is my hope that this year will be full of successful experiences for our students. I have been in the role of school counselor in the area for a number of years and I am excited to be working with such a wonderful group of students and staff.



Ms. Power

What does the School Counsellor do?

Our School Counselling program at Sacred Heart Academy is comprehensive in scope, preventative in design and developmental in nature.

Our program works to help **ALL** students achieve success in school and develop into responsible, contributing members of our society. School counsellors offer:

Individual Counselling to address the following areas:

- Personal/Social, Educational, Crisis Intervention/debriefing, Behavioral/Attitudinal and Career Development.
- ***Student Group Counselling*** the counselor facilitates student groups that usually consist of 3-7 students that meet with the counselor once per cycle. Each group is usually focused on one topic, such as, grief, social skills, friendship or coping with family changes. Focus groups will be developed according to the needs of the students.
- ***Psychoeducational assessments*** using standardized tests to meet student needs (ie programming, student placement, learning strategies)
- ***Consultation and collaboration*** with parents, teachers, administrators and outside agencies assure each student learns to their potential.
- ***Organization and implementation*** of lessons (sometimes to whole school/classes) on topics such as bullying, career awareness, character education, drug and alcohol awareness and tolerance, interpersonal skills etc.

All students have the opportunity to meet with me, as needed and they are instructed to leave me a note which outlines their concerns and helps with scheduling a time for us to meet. I have a form outside my door that students can fill out and slide underneath my door if I'm away from the office.

Lastly, I am available to meet with parents. I regularly attend IEP meetings and parent-teacher conferences. As needed, I can meet with parents individually to discuss specific concerns or to serve as a liaison for families needing community resources.

Please feel free to contact me at (709) 279-2051 or via email at lindseypower@nlesd.ca if you would like to set up an appointment. I look forward to working with you and your child's teacher to create a positive and supportive environment for your child at school as well as at home.

Thank you for your support.

Lindsey Power M.Ed C.C.C