

Connect with Me

My goal is to support you in any way that I can.

The Orchard Springs website is a good place to find resources for both in school and out of school assistance for your student and your family.

orchardsprings.wsd.net

There are also resources on my counselor website

sites.google.com/wsd.net/mrscall/home

Please contact me directly with any questions or concerns.



lacall@wsd.net



(801) 395 5656

If you would like to refer your student for counseling services, you can contact me or your child's teacher.

Helping Students Succeed

Elementary counseling attempts to help all children get the most out of school.

Your support and cooperation can help make your child's school years a rewarding experience.

It is our hope that parents and students feel free to use these services.

I look forward to working with you!



Elementary School Counseling

Orchard
Springs

Mrs. Call
(Mrs. Peanut Butter)

• What does an Elementary Counselor do?

Social and Emotional wellness is key to academic success. My job is to support your children in this need so that they can be their best self, both academically and socially. I do so in numerous ways.

These include:

- Teach classroom lessons 30 minutes weekly in your child's class
- One-on-one and small group work targeting social, emotional, and academic issues
- Support teachers with any needs they have with students
- Provide information regarding additional services that are available to students and families

School Counseling Curriculum

I teach classes once per week for 30 minutes in all classrooms. The curriculum is pulled from SecondStep and is available to parents at

www.secondstep.org

The lessons focus on the following areas for all students, kindergarten through 6th grade:

- **Growth Mindset / Goal Setting**
 - Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.
- **Empathy and Kindness**
 - 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.
- **Emotion Management**
 - Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- **Problem Solving**
 - Students learn a process for solving problems with others in a positive way.

Services

Classroom Lessons

I reach 100% of the student population through classroom lessons.

Small Group Interventions

Group Intervention is available for students who are identified as needing extra support or help with certain skills.

Group topics include:

Friendship

Social Skills

Grief

Family Changes

Anxiety

Organization Skills

Emotion Management

Individual Interventions

Students may be referred for individual interventions by parents/guardians and teachers.