

## Meet the Counselor

My name is Jeannine Roulette. I have worked as a School Counselor for a little over 7 years. I have 4 children: a daughter in 6<sup>th</sup> grade, a son in 3<sup>rd</sup> grade, a son in 1<sup>st</sup> grade and a 3-year-old son. I grew up in NJ but have enjoyed living in Charlotte the most. I have a Bachelor's Degree from Cornell University in Human Development, with a Minor in Early Childhood Education. I have a Master's Degree in Prevention Science and Practice from the Harvard Graduate School of Education, where I obtained my Licensure in School Counseling.

I love building relationships with students, so they feel safe and cared for within the school building. I value making that a priority as it impacts their academic learning and development. Teaching personal, social, and emotional skills is my passion so students are prepared to make decisions and cope with difficult life situations beyond elementary school and into their future careers.

Our students will be successful and I'm excited to be a part of their journey. I'm thrilled to be your counselor at Knights View Elementary. This will be a great year!

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou



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## What Your School Counselor is NOT

### A Therapist

Your counselor does NOT do therapy. She will work with students for short periods of time to help solve issues that are interfering with academic or social interactions. However, if therapy is indicated, she will contact parents and refer them to another resource within the community by offering a recommended resources document.

### A Classroom Manager or Disciplinarian

Classroom management is the domain of the classroom teacher. The counselor is not responsible for managing the behaviors of the students in the classroom. She will, as a member of the crisis team, assure the safety of all students. However, this is usually best accomplished by de-escalation and diffusing the situation rather than restraint or removal. Restraint or removal is the duty of trained staff members. Establishing a warm and trusting relationship between the counselor and students is vital to successful interactions and support of students so that they can make the changes necessary for success. Disciplining students is counter-indicated in attaining this relationship. The counselor can work out a plan to assist students to make different choices, teach students skills and techniques to alter poor behavioral choices, and offer ideas to staff members to assist in classroom management, but meting out punishments is not a part of the counselor's job.

### A Magician

While your elementary school counselor would dearly love to be able to wave a magical wand and be able to cause all problems, issues, and concerns of students and staff to disappear and be solved, unfortunately this is not possible. Counselors are trained to support the students, staff, and parents of elementary schools. Counselors work in a variety of ways to ensure that all students have the best possible opportunity to learn, laugh, and live a happy life. Yet, despite the very best of intentions, counselors cannot make the world completely safe or make all the problems that we all face evaporate. What counselors CAN do is to offer help to solve the problems that we all face; support students, families, and staff members; and work as a member of the educational team that makes up the school.

If you every have any questions or concerns that you feel could be addressed by the Knights View Elementary school counselor, please feel free to contact Jeannine Roulette.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson

## School Counseling Program



### Why Do Students Need School Counselors?

- Children learn best when they feel good about themselves and their relationships with others
- Children who understand their feelings are better able to control their behavior
- We know that stress can affect focus and learning, but its impact can be reduced with proven self-regulation strategies
- Schools, parents, and communities that communicate and collaborate provide the most effective support to children
- Attitudes formed during elementary school shape future attitudes towards learning, self, and society

### How To Reach the Counselor?

If you have any concerns or questions: Students, Staff Members, and/or Parents can request to speak to the Counselor via writing a note, emailing, or calling the school. We are a Team to make sure our students are successful in their academic and social/emotional development.

School Counselors Make a  
World of Difference



## Counseling Duties

Some of the ways that counselors help is to perform the following duties:

### Student Advocacy

Doing whatever is needed to assure all students of the best education that can be offered. This means that the counselor's job is to be the liaison between the child and other entities to ensure the safety and well-being of the child.

### Multi-Tiered System of Support (MTSS) Facilitator

All students get the CORE curriculum; however, some students may need extra support. The MTSS Team ensures that all students who need the extra support has accommodations in place to support the highest level of learning that is possible. The counselor facilitates the meetings and is responsible for collecting documentation from all parties involved. Additionally, the counselor schedules meetings and contacts parents regarding invitations and information from these meetings.

### Section 504 Coordinator

In the capacity of the Section 504 Coordinator, the counselor works with parents, teachers, administrators, and other staff members to develop accommodations that will support the needs of students who have conditions that qualify under those guidelines. Arranging and facilitating meetings, documentation, submission of files, and assuring compliance with Federal mandates are just a few of the duties involved with this component.

### Crisis Team Member

As a member of the school's crisis team, the counselor supports students and staff members in the event of any crisis, no matter the cause of the crisis and offers yearly training in bullying & suicide prevention for staff members.

## Counseling Services

### Classroom Guidance

Teaching lessons that cover the three major areas of the CMS Counseling Curriculum: Personal and Social, Academic, & Career. The counselor works closely with classroom teachers on choosing lessons to support areas of need or improvement within the classrooms within these three major areas. Some topics may include, managing emotions, goal setting, kindness, teamwork, listening skills, test taking skills, etc.

### Individual & Small Group Counseling

The counselor works closely with students who are struggling with a variety of issues that may be interfering with academic and/or social success in the school environment. When this happens, the counselor will work either individually or with small groups to teach skills, techniques, and to problem-solve situations so that the student can learn new and more successful ways of handling these situations. In most instances, students can successfully adopt more successful habits in a relatively short period of time, typically between 2-6 weeks. The counselor serves as a confidential resource to help guide students to more successful alternatives in interacting with others and being successful in the educational environment.



## Helpful Websites

### Social-Emotional Resources:

<https://www.thepathway2success.com/free-social-emotional-learning-resources/>

<https://cdn.pesi.com/pdf/publishing/workbook/PUB085420.pdf>

### Bullying Resources:

<https://www.pacer.org/bullying/parents/definition-impact-roles.asp>

### Coping Skills Resources:

<https://copingskillsforkids.com/calming-anxiety>

### Community Resources:

<https://nc211.org/>

**“Even the smallest act of caring for another person is like a drop of water -it will make ripples throughout the entire pond...”**

— Jessy and Bryan Matteo