

National Counselor Week

February 1st-5th

School Counselors
help you find your
recipe for success!



Hi, I'm Ms. Paige
Ortega, NHA's
School Counselor.
WELCOME!


Recipe for Success

Ingredients:

- What is a school counselor?: by Ms. Stephanie's Class
- Feelings: by Ms. Sam's Class
- Conflict Resolution: by Ms. Alyssa's Class
- Empathy: by Ms. Caitlin's Class
- Friendship: by Ms. Brian's Class
- Hygiene: by Ms. Pattie's Class
- Self-Care: by Ms. Amber's Class
- Advocacy: by Ms. Karra's Class

What are the ingredients for success?





What are the
directions for
success?

Recipe for Success

What We Did!

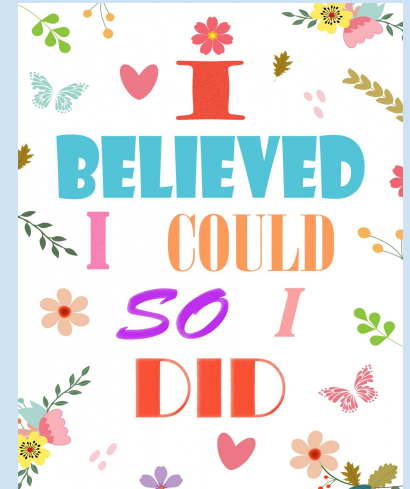
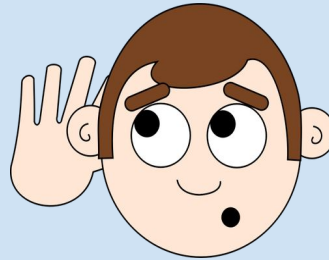
Each class added their ingredients by completing one slide on the topic that was assigned to that specific class.

We had a lot of fun discussing and learning about our topic and learning about each class's topics as well.

What is a School Counselor?

A School Counselor is:

- Someone students can **LOOK UP** to
- Someone that will **ADVOCATE** for students
- Someone who **INSPIRES** students to be and do their best
- Someone students can **DEPEND** on
- Someone who is a good **LISTENER**



Feelings: Explained By Ms. Sam's Class

- Feelings are emotions that we have as we react to the world around us.
- We can be happy or sad, angry or excited.
- It is important to know that your principal, parents, teacher, school counselor, therapists, and paraprofessionals are all trusted grown-ups who can help you manage your feelings if they become overwhelming for you.
- We have our own Bitmoji Classroom filled with a Calm Down Corner and Zone of Regulation Rooms to help us when we need it.



How does everyone feel at the end of the story?

Sad Happy

LEVEL 2 **WH- QUESTIONS**

Directions: Drag a picture over to the box to answer the question.

How did Pout Pout fish feel in the beginning of the story?

sad

ocean	happy	octopus
kiss	clam	Pout Pout fish
Kiss Kiss fish		

© PRODUCT OF SPEECH ADVENTURES

Zones of Regulation Room

Blue Zone
I am running slow

I can try these tools:

A LITTLE SPOT OF SADNESS

Zones of Regulation Room

Green Zone
I am good to go

I AM OKAY

I can do these:

A LITTLE PEACEFUL SPOT

Zones of Regulation Room

Yellow Zone
I need to take a caution

I can try these tools:

A LITTLE SPOT OF ANXIETY

Zones of Regulation Room

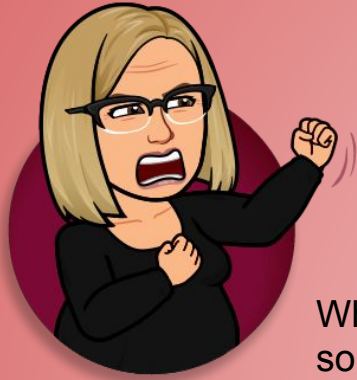
Red Zone
I need to STOP

I NEED AN ADULT

I can try these tools:

A LITTLE SPOT OF ANGER

Conflict Resolution



What do you do if you and someone else disagree?



That's ok you are allowed to feel that way



Just keep playing.

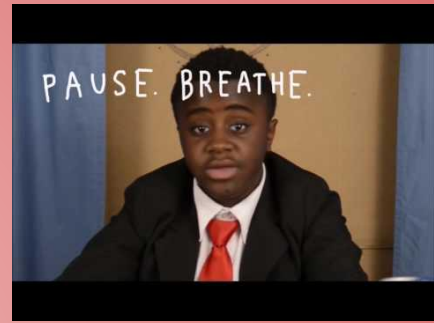


Walk away and say that everyone has their own opinion



Walk away and play with someone else

TRY THIS



How do you make up with someone that hurt your feelings?



Hugs or high fives.



Just start playing again.



Forgiveness and talk it out.



Talk nice to them.

What Is Empathy?: Explained by Ms. Caitlin's Class

Tolerance
kind-heartedness
Love
compassion
Warmth
Humanity

Kindness

Sensitivity
decency

Affection

consideration



Friendship: Explained by Mr. Brian's Class

What makes a good friend?

A Friend.....is nice

A Friend.....cares about you

A Friend.....shares with you

A Friend.....is always there for you

A Friend.....makes you feel special for who you are!

“The only way to have a friend, is to be one!”



Personal



Hygiene



BRUSH YOUR TEETHS At least twice a day after waking up in the morning and before going to bed at night 	WASH YOUR HAIR Wash your hairs often keep it neat and tidy by brushing and styling as often as you can 	WASH YOUR HANDS <ul style="list-style-type: none">• After going to toilet• Before and after eating• Playing with animals• After brushing hairs• After playing outside 
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WE KNOW OUR PERSONAL HYGIENE

TAKE A SHOWER Take a bath or shower at least once a day. Change your underwear daily 	CHANGE YOUR CLOTHES Wear neat and clean clothes everyday, change your clothes when dirty or wet 	CLIP YOUR NAILS Keep your nails short and clean at all times 
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Self-Care is so important for each of us to do! Each day should you should engage in something that you truly enjoy doing...and do not feel guilty about enjoying the time you take for yourself! Enjoy the little things that make you happy!



Self-Advocacy: Explained by Ms. Karra's Class



What is Self-Advocacy?

<http://canlearnsociety.ca/>

Speaking Up for Yourself	Learn how to get Information	Finding out who Will Support You	Know Your Rights And Responsibilities	Problem Solving	Reaching Out to Others When You need help	Learning about self determination
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www.rule-the-school.com

What's your
Recipe for
Success?



Everyone is different..

What is your
Recipe for
Success?



Northern Hills Academy

“A School with the Right Ingredients!”

Check out our website at:

<https://www.sussexesc.org/northern-hills-academy>

If you'd like more information about NHA or
have any questions?

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