

Your School

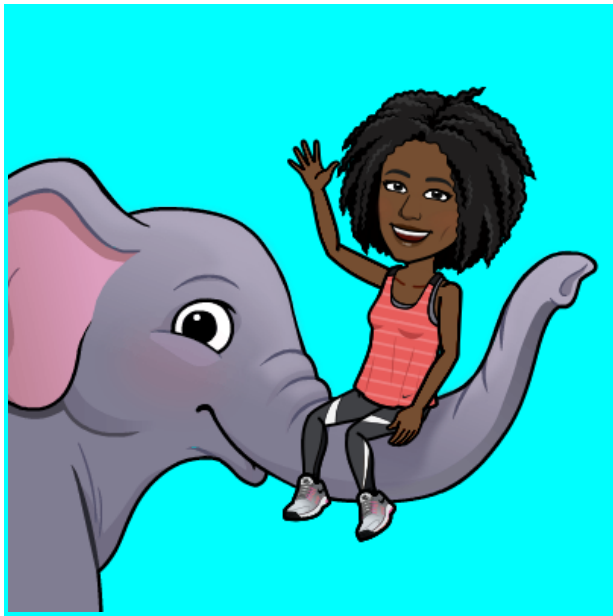
Counselor

Mrs. Julana Parker



Tom Landry Elementary
Carrollton-Farmers Branch ISD

**Carrollton-Farmers Branch
ISD**



AN INFORMAL INTRODUCTION & BACKGROUND

Hi Landry Longhorns! My name is Julana Parker, your Elementary School Counselor! As I approach my fourteenth year as a School Counselor, I come with the knowledge and insight to ensure I implement an effective comprehensive school guidance program for your students. With the proper support from parents just like you, this school year will be full of success!

Background:

I am originally from St. Louis, MO—born and raised. I recently relocated to Texas on June 25, 2020. I have two grown daughters..

I received my Bachelor of Arts in Psychology from St. Louis University in 1998 and my Masters of Arts in School Counseling from Lindenwood University in 2008.

LOOKING AHEAD & COUNSELOR'S GOAL

Many of you may still have questions as it relates to COVID-19 and what barriers it may pose to your students. You may ask, "What would the school year look

LANDRY ELEMENTARY:

WHERE WE "REACH FOR THE STARS!!" ***



like?" Whether you chose remote learning all year, or face, you can be assured that your student will receive the best quality of instruction and care at school.

Here at Landry, we know school is not only where students grow academically; it is also a place where students grow socially, emotionally/personally. This is where the counselor's role becomes so critical. As such, my main goal for this school year will be to provide students with the tools and skills necessary in becoming well-rounded life-long learners. Introducing career readiness initiatives, infusing academic strategies to help the student achieve success in the class, and providing essential support by teaching self-regulatory skills and other social-emotional support as they grow into responsible individuals will be a priority.

Whether you have a fifth-grader looking forward to transitioning to middle school, or a pre-schooler who's excited about Kindergarten next school year, as your child's school counselor, your student will be provided with the tools to be a success in all of those aforementioned areas! Together, we will help students, "Reach for the Stars!!!" **



COUNSELOR'S HIGHLIGHTS

School Counselors focus on three major areas:

- Academic Support
- Career-readiness
- Personal/Social Development

Some examples of topics that will be covered are:

- ★ Diversity/Inclusion
- ★ Bullying
- ★ Drug-awareness
- ★ Self-regulation strategies (**SEL)
- ★ Anxiety (the unknown due to COVID-19)
- ★ "Middle School, Here I Come!" (for fifth graders)
- ★ Safety Awareness
- ★ Grief and Loss
- ★ Stranger Danger (last two weeks of school)
- ★ Self-management skills (How to respond to pressure in the classroom, helping to communicate to the teacher about the difficulty in understanding lesson)
- ★ How to be a Friend
- ★ Mindfulness

Click below to view monthly guidance schedule.

https://docs.google.com/document/d/1fmM2ADHphEvilN_piZq_ipmNu0anI4Vo/edit

**SEL- Social-Emotional Learning

PROGRAM IMPLEMENTATION

- Guidance lessons
- Empowerment groups
- The Dove Self-Esteem Project
- Bitmoji Interactive Classroom (students are able to access valuable websites and tools as they explore the google slides)
- Small group
- Referrals
- Restorative Practices
- Mindfulness



Helpful Websites

- STEM: (KG-5 grade)
<https://mailtrack.io/trace/link/f2a9477e613b4d7be6c512c8260f1de0e92a9821?url>
- Homework Help/Academia:
<http://www.amazingeducationalresources.com>
- Social/Emotional Support (parents and students): (KG-5th grade)
<https://insidesel.com/2020/03/12/covid-19>
- Health and Wellness Resource (COVID-19)
<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/2019-Novel-Coronavirus.aspx>
- Mystery Science (KG-5 grade)
<https://mysteryscience.com/school-closure-planning>
- Grief and loss
www.dougy.org
- Relaxation exercise youtube video for 2-5th grade
<https://www.youtube.com/watch?v=cDKyRpW-Yuc#action=share>



THE SCHOOL'S MISSION

Here at Landry Elementary, our mission is to: **EMPOWER SCHOLARS, TO ACHIEVE LIFE-LONG KNOWLEDGE, SKILLS, AND VALUES THAT PREPARES THEM TO COMPETE IN THE GLOBAL MARKETPLACE WHILE CONTRIBUTING TO THEIR COMMUNITY.**



A THOUGHT FOR THE MONTH

Have you hugged your child today? It's important to acknowledge your child with affections.. Maintaining and or the development of positive relationships at home will create healthy relationships at school.



UPCOMING EVENTS:

- Drive Thru Parade (at Landry Elementary on Saddlehorn from 5:30-6:30)
- Open House: Tuesday, September 15 th at 6pm

Projected Programs:

- *National Elementary Honor Society*
- *Empowerment groups*
- *Dove Self-Esteem Project*
- *Tiered Groups*
- *"Middle School Here I Come!"*

Julana Parker