

# North Park Elementary Counselor's Corner

Monthly Updates from Mrs. Dianna

## What does an elementary counselor do?

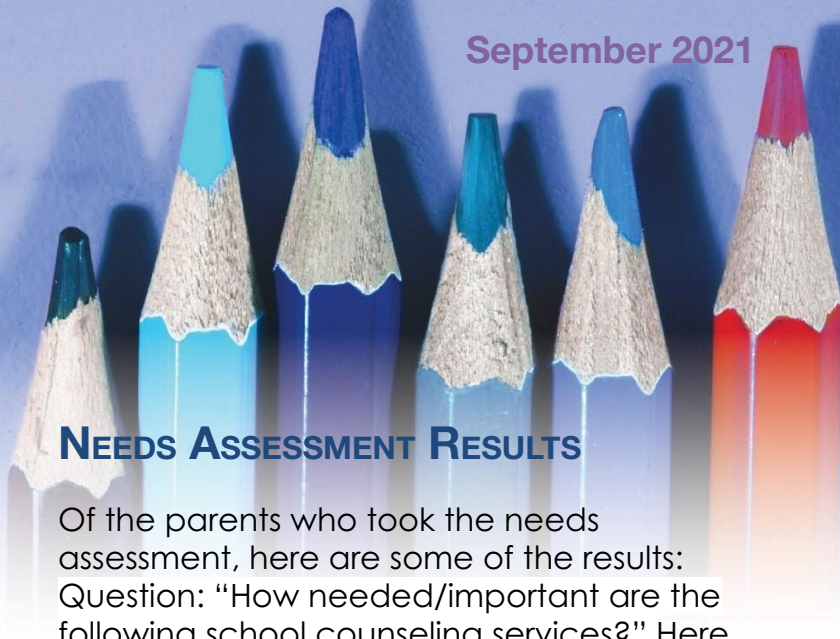
- School counselors serve ALL the students at a school and can help them be their best
- Facilitating classroom lessons aligned with state standards in each classroom
- Organizing school-wide special events
- Consulting with parents, teachers, and administrators
- Connecting families with school and community resources
- Talking with students who have a problem they'd like help solving or have something on their mind they'd like to talk about
- Teaching life skills, social skills, and coping skills in small groups
- Briefly counseling students individually

## Looking Ahead:

Sept. 26-Oct. 29 – Mrs. Dianna in the classrooms teaching lessons on bullying prevention.

October 6 – Deadline for shoe requests through “Warm the Soles”. If you still need to sign your student up, here is the link:

["Warm the Soles" Shoe Request Form](#)



## NEEDS ASSESSMENT RESULTS

Of the parents who took the needs assessment, here are some of the results: Question: “How needed/important are the following school counseling services?” Here are the top three areas marked as “Important/highly needed”:

1. Teaching social-emotional skills
2. School-wide programming (kindness week, college and career week, etc.)
3. Meeting with parents to provide to provide support and information

Question: “Which topics do you think the students could benefit from learning at North Park?” Here are the top 3 results:

1. Conflict Resolution
2. Friendship Skills
3. Identifying/expressing feelings

## SEPTEMBER IS SUICIDE PREVENTION MONTH

Resources:  
“Safe to Talk”  
video: [HERE](#)  
“Safe to Feel”  
video: [HERE](#)

National Suicide  
Prevention Lifeline  
1-800-273-8255  
[NAMI Suicide  
Prevention  
Live On Utah  
Safe UT](#)



### KNOW THE 12 SUICIDE WARNING SIGNS

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL MEANS
- INCREASED ANGER OR RAGE
- EXTREME MOOD SWINGS
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

### 5 STEPS TO HELP SOMEONE AT RISK

1. ASK.
2. KEEP THEM SAFE.
3. BE THERE.
4. HELP THEM CONNECT.
5. FOLLOW UP.