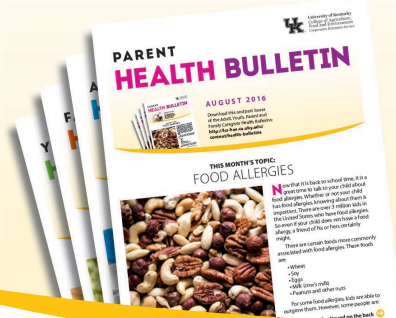


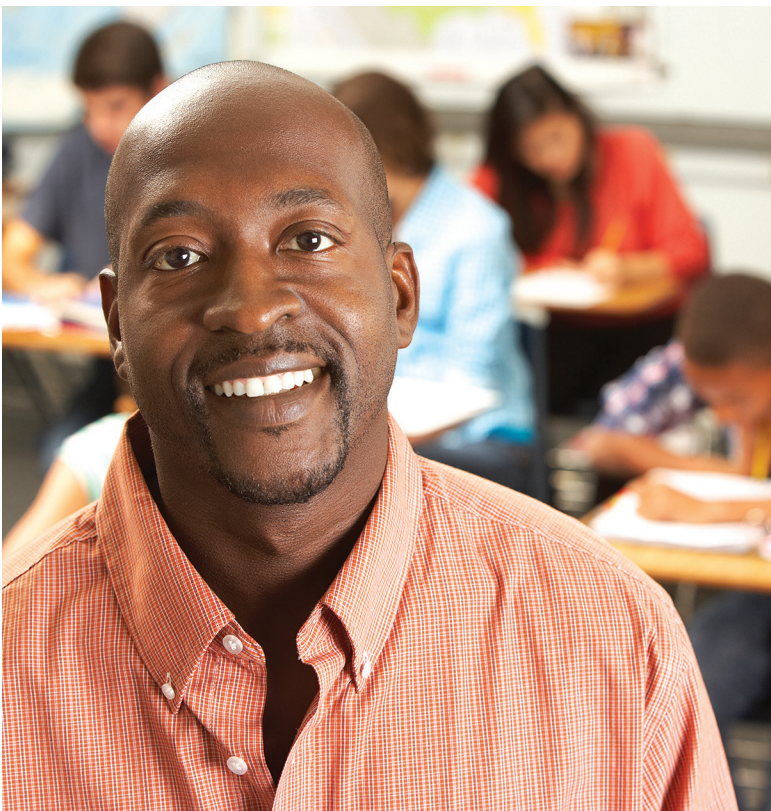
PARENT HEALTH BULLETIN



NOVEMBER 2016

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: SCHOOL COUNSELORS



School counselors are a very important part of the school's team of administration and teachers. As your child grows up in this ever changing world with exciting possibilities, the school counselor has a large role in the growth of your child to his or her full potential. Many school counselors have different roles and responsibilities at the school, but it is important to know who your child's school counselor is and the aid he or she brings to the classroom.

What does a school counselor do?

For each school, the role of the school counselor may vary. However, the main role of the counselor is to support the students as they grow and learn. For many schools, this person visits classrooms to talk about important issues that each age group may be facing, whether it is how to be a good friend or how to set goals

Continued on the back 



A counselor is a person to talk with if your child is having trouble with friends, school work, or a bully.



➔ Continued from page 1

for the future. Other areas that may be discussed include study skills and communication skills. The school counselor wants to see that students are thriving in the school environment, and it may take more than just textbooks and worksheets for that to happen.

A school counselor not only provides in-classroom education for the school, but also is able to provide children with private sessions or group sessions as well. The counselor can be a great person for your child to talk to about the many issues he or she may experience. The counselor is also a person to talk with if your child is having trouble with friends, trouble keeping up with school work, having a hard time with a bully or just wanting another ear to listen.

A school counselor may hold small support groups, which allow children to talk with others their age who may be experiencing similar problems.

A school counselor may also hold small support groups for children who are facing the same issues, such as when parents separate or the loss of a family member. These groups allow children to talk with others their age who may be experiencing similar problems.

As a parent, you too can reach out to the school counselor if you think your child may need assistance. The counselor may also be able to point you toward information, resources or networks beyond the school for questions that you have about your child or family.

The school counselor is a great school resource who can lend an ear to your child if needed. School counselors can help your child be the best that he or she can be!

SOURCES:

- American School Counselor Association <https://www.schoolcounselor.org/school-counselors-members/careers-roles/why-elementary-school-counselors>
- Nemours Kids Health <http://kidshealth.org/en/kids/school-counselors.html>

**PARENT
HEALTH BULLETIN**

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

