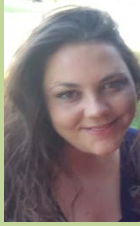


Welcome!

Welcome to the King Elementary School's Counseling web page! Here, you will find links to many resources you may find useful, including information for parents, children and teens on topics such as careers, community resources, bullying, internet safety, study skills and growing up. If you would like additional information on these or other topics, please contact your school counselor!

Mission Statement

The mission of the Van Buren Counseling program is to address the needs of the whole child by systematically providing a comprehensive school counseling program which empowers every student to achieve their maximum potential.



About the Counselor - Contact Me

Hello, my name is Cheryl Peters, I have a Master's Degree in Counseling and Leadership from Arkansas Tech University, I also studied Early Childhood Development and graduated with an Early Childhood Degree graduated from The University of Arkansas-Fort Smith. After teaching in the classroom for seven years I went on to complete my M.S. in Counseling and Leadership. I have worked with children and youth ages 5 through 19, individually, in groups, in classrooms, and in educational and agency settings. I strive to design and/or implement developmentally appropriate, culturally sensitive, responsive programs and interventions at King Elementary. If you have any questions, comments, suggestions or concerns, please feel free to contact her [here](#) or at 479-474-2661.

THE SCHOOL COUNSELING PROGRAM



This year King Elementary Students will focus on **A Mindset for Learning**. Students will be learning about the power of words and

implementing the following stances throughout the year: optimism, persistence, flexibility, resilience, and empathy. Students who showcase the characteristics of the word of the month will be recognized during Rise N' Shine on Fridays and their picture will be added to the ever growing King School Castle of Mindful Learners shown below.



Services are delivered by a trained, certified, and professional who works with all students, parents, teachers, staff and community, in order to help each student achieve academic and social success. These services involve one of the following "3 C's" .

The 3 C's of Counseling

1. Consultation and Collaboration – The School Counselor consults and collaborates with teachers and school staff, specialists, and outside resources in order to support students. The counselor regularly meets and talks with parents. If you have any concerns about your child, please feel free to contact the School Counselor. The counselor can refer families to outside resources.

2. **Coordination** – The School Counselor works with teachers, staff, and parents to assess student need in order to create and implement the most effective service program. The program is evaluated for success throughout the school year.

3. **Counseling** – The Counselor provides counseling services to students in the following ways:

- **Individual Counseling**, is a process where students discuss issues in a safe, positive, and confidential setting, for a limited time. Longer-term therapy, not available at school, may require a referral to an outside agency or individual therapist. Topics are based on the needs of the students and may include: feelings, changing families, peer pressure, friends, stress, academics, social skills, bullying, getting along with others, problem-solving, and decision-making.
- **Small Group Counseling**, is a process where students, by sharing similar issues and concerns, work together to achieve their goals in a small group environment consisting of about 3-8 peers. The group sessions usually last about 30 minutes and are held for approximately 6-8 weeks. Topics are based on the needs of the students and may include divorce or changing families, grief and loss, friendship and social skills, study skills, conflict resolution, anger management, self-esteem, and stress-management.
- **Classroom Guidance** is a process that includes teaching developmental skills using age-appropriate, classroom-based lessons. Topics may include self-esteem, conflict resolution, study skills, anger management, career awareness, tattling/reporting, friendship/social skills, responsibility, respect, teasing/bullying/cyber-bullying, feelings, cooperation, goal setting/decision-making, and peer pressure.

Strategies and techniques used to deliver these counseling services to students include reading books and stories, puppets, drawing activities, dialogue, role play, art activities, games, music, and more as appropriate.

Parents, teachers, school staff, and students (anyone concerned with the welfare of children) may refer a student to the school counselor.

Resources

Internet Links

Family Resources

Bullying/Cyber-Bullying

<http://www.bullying.org/>

<http://www.pbskids.org/itsmylife/friends/>

<http://www.stopcyberbullying.org>

<http://stopbullyingnow.hrsa.gov/kids/>

Child Development

<http://www.childdevelopmentinfo.com/>

Character Development

<http://www.connectwithkids.com/>

Diversity

<http://www.tolerance.org>

<http://www.teachingtolerance.org>

Healthy Kids

<http://www.keepkidshealthy.com>

<http://www.aap.org/>

<http://www.upsidedownorganization.org/>

Homework Help/Study Skills

<http://www.how-to-study.com/>

<http://kids.carr.org>

Internet Safety

<http://www.common sense media.org/internet-safety/>

<http://getgamesmart.com>

www.wiredsafety.org/

Military Families

<http://www.behavioralhealth.army.mil/families/>

Children's Resources

<http://pbskids.org/itsmylife/>

<http://kidshealth.org/kid/>

<http://www.netsmartz.org/index.aspx>

<http://www.how-to-study.com/>

<http://webwisekids.org/>

<http://kids.carr.org> (for homework help)

<http://stopbullyingnow.hrsa.gov/kids/>

College and Career

Know How 2 Go: Information for students about what to do now to prepare for college.

Planning for Parents: How to help your elementary or middle schooler prepare for college.

Who Do You Want 2 Be? Fourth and Fifth grade students can take a quiz, watch videos, or play a game while learning about community college and career options.

Bullying

Pacer Kids: A child-friendly site with games, videos and information to help them prevent and intervene in bullying situations.

Stop Bullying: A site for older children with facts about bullying, what they can do about it, and games and videos with antibullying messages.

Internet Safety

NetCetera: A thorough document on how to talk to your child, tween or teen about the online world.

Net Smartz: A website with games and videos to help children learn how to be safe on the web.

Net Smartz Parents: Information for parents regarding blogs, social media, cell phone use, cyberbullying and more.

Kid Safe Seal: Look here for a list of kid-safe websites and apps.

Kids Click: A kid-friendly, searchable web directory for homework help or general web use.

Academics

Fun Brain: Fun and educational (math and reading!) online games for children.

Study Skills: Study tips, organization, test taking and more information for kids.

Plagiarism: An online article that explains plagiarism to children.

For Parents: Tips for helping your student with homework and organization.

Health and More

Growing up: Information for kids on puberty, growing up, and their health.

For Parents: A guide to surviving your child's journey into adolescence.

Kids' Health: A general website for information for parents, children, and teens about health, development, behavior, and life skills. Some specific topics are highlighted on this page, but there is much more to explore!

AACAP's Facts for Families: Concise, up-to-date handouts on a variety of issues that affect children, youth and families, from peer

pressure to video games to mental-health diagnoses.

Suggestions?

Know of any great resources or websites you feel would be worth sharing on this page? Click [here](#) to contact us!

Full-School Programs

At times the counselor may serve on a committee or act as a resource or coordinator for full-school programs in the areas of behavior management, character education, multicultural education, parenting programs and more.

Additional School Counselor Roles

- ESL Coordinator
- Homeless Student Liaison
- School Test Coordinator