

NWES Counselor's Corner Newsletter

Fall 2019

Kathy Lewis, Counselor

North White Elementary School

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Dear NWES Parents:

What a fantastic start to the school year we have had here at NWES! I am dedicating this issue of my newsletter to providing parents with resources they can tap into to help with parenting and getting services from a variety of resources. Please feel free to contact me at any time at the phone number or email address listed above if I can assist you in making your child's school experience a success.

---- Mrs. Lewis

Reasons to contact the School Counselor

- **Academic achievement concerns**
- **Attendance concerns**
- **Family transitions (divorce, death)**
- **Behavioral concerns**
- **Social/emotional concerns**
- **Peer relationship issues**
- **Transitioning to a new school**
- **Help with meeting basic needs such as housing, utilities, clothing, food, school supplies**
- **Referrals for mental health services**



School Counseling Programs

- Individual counseling
- Small group counseling
- Whole class social/emotional lessons
- Whole class college and career awareness
- Mentor program
- Birthday celebration for students each month
- New student welcome with counselor/principal
- Bullying Prevention lessons
- Child Personal safety lessons
- Referrals to social service agencies
- Referrals to mental health agencies

How does a student see the School Counselor:

- * Self-referral by student
- * Parent request
- * Teacher referral
- * Principal referral
- * RTI team referral
- * Counselor sees a need

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

Meet Peyton Lewis, Family Support Specialist



You can contact Peyton through your School Counselor or at:

Phone: 574-355-3781

Email: plewis123017@gmail.com

The four school corporations in White County were able to use funding from the Lily Counseling Grant to hire a Family Support Specialist to assist families in need throughout the county. Peyton is at North White Schools on Thursdays each week but she can be reached at the phone and email listed above at any time. Peyton will assist families with emergency shelter, housing, utilities, food, clothing and employment. She can also help you with parenting issues, budgeting, and referrals to social service agencies. Peyton is always willing to assist families in completing documents for things like enrolling in school, applying for Medicaid or social security and disability.

Peyton has established a clothing room at North White for students and their families. If you are in need of clothing (shoes, pants, shirts, sweats, blouses, jeans, coats) for your children or adults OR if you would like to donate good, used clothing please let Peyton know.

Peyton will be offering informational sessions for parents throughout the year. She will also be offering classes to parents on a variety of topics such as parenting, using community resources, and job skills training. Keep an eye out for more information from Peyton on this subject.

NWES needs men and women to serve as MENTORs to elementary students.

If you are willing to spend one hour per week during this school year to mentor a student please call Kathy Lewis, Counselor, at 219-253-6663. Mentors are paired with a student. The mentor comes to school one time per week during the students lunch/recess time and eats lunch and plays a game or does an art project with the student.

Mentors are role models who offer encouragement and support to a student.

Community Agencies & Resources

1. Four County Counseling
2815 E. Market St.
Logansport, IN 46947
800-552-3106
2. Valley Oaks Mental Health Services
920 W. Executive Ct.
Monticello, IN 47960
574-253-9350
3. Bauer Family Resources – 765-742-5046
4. Area IV Agency – 1-800-382-7556
5. Ipmsg Wraparound Program
765-464-2991
6. Michiana Behavioral Health Svc.
1800 North Oak Dr.
Plymouth, IN 46563
800-795-6252
7. Alpine Health & Addiction Services
3660 Rome Dr.
Lafayette, IN 49705
765-446-9394
8. Salvation Army – 574-240-8073
9. Changes Child & Adolescent Program
Sycamore Springs
3733 Rome Dr.
Lafayette, IN 765-701-6090
10. NW/Monon Food Pantry
326 N. Market St.
Monon, IN
217-370-9200
11. Monon Family Health Clinic
692 E. Broadway St.
Monon, IN
800-321-5043

“No act of kindness, no matter how small, is ever wasted.”

-Aesop



In the Community

Coats for Kids Program

White County United Way

Oct. 1- Oct. 25

Donate good, used or new coats for the program. Put in drop off box at NW Elementary School.

Saturday, November 2

9:00 AM – 1:00 PM

Distribution of coats to those who need them.

In the School

September – YWCA will come to NWES to do classroom presentations on bullying prevention.

October – Red Ribbon Drug Free School and Bully Prevention Activities

October is ADHD Awareness Month

According to Dr. Russell Barkley, PhD. on ADDitudemag.com “ADHD is a neurological condition that impacts the executive functioning, working memory, impulsivity, focus, distractibility and emotion health. Attention deficit hyperactivity (ADHD or ADD) is not a behavior disorder. It is a developmental impairment of the brain’s self-management system of executive functioning.”

School staff cannot diagnose attention deficit disorder as this is a medical condition. If you have concerns about your child you should take him to see a medical doctor for evaluation, diagnosis and treatment. The teacher/counselor can provide you with a report on the behaviors that we have observed in the classroom so you can share the information with your doctor. Our staff is always willing to work with you, your child and the doctor in establishing routines, procedures and interventions at school to help your child be successful.

There are many things you can do to help a child with ADHD/ADD. Some of the things that may be helpful include establishing and sticking to a bedtime and a morning routine. Consistency is the key. Using visual schedules and timers can also be helpful. When giving directions, ask your child to stop and look you in the eye while you are speaking. Then have them repeat the directions back to you. Give simple, concise one or two step directions. Make sure your child has movement breaks. If they are doing homework, have them work for 15 minutes then get up and move around for a couple minutes before getting back to work. Helping your child learn organizational skills will be of tremendous assistance to them

You might find the book *Taking Charge of ADHD* by Russell Barkley to be helpful. It contains charts and lots of information on how to help your child get organized and establish routines.

I recently found a website that is for parents of children with ADHD. The site is www.ADDitudemag.com I would encourage you to check it out.

A great website to check out for information for you and activities for your child on Bullying Prevention is www.Pacer.org/bullying.

Attendance is an important part of your child's education! Students need to be in class to receive the instruction from the teacher.

Consequences & Costs of Dropping Out of School



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

The decision to drop out is RISKY!

Economic:

Dropouts make up nearly half the heads of households on welfare.

Over a lifetime, high school dropouts earn **\$400,000 less than high school graduates.**

The average income based on education level is as follows:

- No High School Diploma: \$17,299 per year
 - High School Diploma: \$26,933 per year
- High School Graduates make almost \$10,000 more per year!**

(2005 - Grad Nation)

Unemployment:

In 2008, 54% of High School dropouts were unemployed! In a survey of dropouts, 47% said not having a diploma made it hard to find a good job.

(2006 - Silent Epidemic)

Incarceration:

Dropouts make up almost half of the prison population. Dropouts are three and a half times more likely than high school graduates to be arrested and more than eight times as likely to be in jail or prison.

(2006 - Silent Epidemic)

Cost to Society:

The average high school dropout will cost taxpayers over \$500,000 in lower tax revenues, social services, and incarceration costs.

If Indiana increased the male graduation rate by 5%, the state would see an estimated \$95,731,795 in crime related savings and \$151,864,932 in total benefit to the Indiana economy.

(2006 - Alliance for Excellent Education Issue Brief)

Driver's License/Employment Certificate:

A driver's license or a learner's permit may not be issued to an individual less than 18 years of age who is considered a dropout. A driver's license or learner's permit may be revoked, and an employment certificate revoked or denied, if a student drops out.

(IC 9-24-2)

Engagement in high-risk behaviors:

37.8% of 16-24 year old girls who drop out of high school are mothers.

High-risk behaviors such as premature sexual activity, early pregnancy, delinquency, crime, violence, alcohol and drug abuse, and suicide are significantly higher among dropouts.

(2009 - North Eastern University)

In 2007, 16% (6.2 million) of all persons between the ages of 16 and 24 in the U.S. were high school dropouts. Most of them are headed for a life of sporadic employment and low wages making it difficult for them to establish a stable family and raise children who can make it in our society and economy.

September is Suicide Prevention Awareness Month

National Suicide Prevention Lifeline call 1-800-273-8255

The following information was taken from an article, "Preventing Youth Suicide: Tips for Parents & Educators" by the National Association of School Psychologists.

Suicide Risk Factors

- Mental illness including depression, conduct disorders and substance abuse
- Family stress/dysfunction
- Environmental risks, including presence of a firearm in the home
- Situational crises (e.g., traumatic death of a loved one, physical or sexual abuse, family violence)

Suicide Warning Signs - Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- Suicidal threats in the form of direct ("I am going to kill myself") or indirect ("I wish I could fall asleep and never wake up again") statements.
- Suicide notes and plans (including online postings).
- Prior suicidal behavior.
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).
- Preoccupation with death.
- Changes in behavior, appearance, thoughts and/or feelings.

What to Do

"Youth who feel suicidal are not likely to seek help directly: however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly, if he or she is thinking about suicide (e.g., "Are you thinking of suicide?")
- Focus on your concern for their well-being and avoid being accusatory.
- LISTEN.
- Reassure them that there is help and they will not feel like this forever.
- Do not judge.
- **PROVIDE CONSTANT SUPERVISION. DO NOT LEAVE THE YOUTH ALONE.**
- Remove means for self-harm.
- **Get help: Never agree to keep a youth's suicidal thoughts a secret. Parents should seek help form a community mental health agency or emergency room immediately.**