



2023-2024  
2nd Trimester

School Counseling Department

Elsa I. Figueroa, M.Ed.  
Elementary K-5  
[figueroae@stsashburn.com](mailto:figueroae@stsashburn.com)

Jocelyn Elagio  
Middle School 6-8  
[elagioj@stsashburn.com](mailto:elagioj@stsashburn.com)

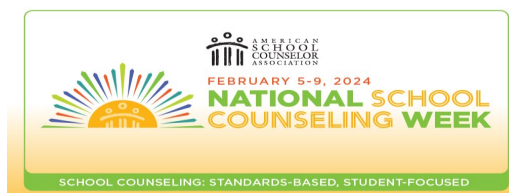
## Elementary School Counseling Newsletter

During the week of February 5-9, 2024 our nations' schools celebrate **National School Counseling Week**. This is an important time for professional school counselors to advocate for our profession and emphasize the diversity of services that we provide in our individual school settings.

Today's School Counselors are not yesterday's "Guidance Counselors". Certified school counselors are required to hold a minimum of a college degree in counseling and a professional certification on Youth Mental Health First Aid. They possess the skills and education to be able to observe and recognize the needs of students coming from diverse backgrounds. Challenges can arise from a long list of issues that are unique for every individual student. It is the job of the elementary school counselor to provide the knowledge and support that helps students dealing with diverse challenges, to develop positive decision-making and communication skills, as well as develop positive attitudes toward school, their peers and, most importantly, themselves. The school counselor works in close partnership with parents, administration and teachers, to ensure that the student receives the support and services that he/she needs to be successful.

At STCS our School Counseling program is founded in the teachings of the Church, emphasizing learning and practice of Catholic virtues as the foundation for the students' social, emotional and academic skills development. For more information about the implementation of these services at STCS, please visit the school website Counseling page:

<https://www.stsashburn.com/school-counselor-services.html>



### **WHY do we need School Counseling in Elementary school?**

*"The elementary years are a time when students begin to develop their academic self-concept and feelings of competence and confidence as learners. They are beginning to develop decision-making, communication and life skills, as well as character values. It is also a time when students develop and acquire attitudes toward school, self, peers, social groups and family."*  
American School Counseling

### **Take a peek into the Elementary Counseling Office**



We provide a safe, calming, comfortable, and also fun space for the students to process emotions, take a break or just chat with the counselor.