

# Welcome to WES Guidance

Welcome to the WES School Counselor web page. The website is full of information that is useful to students, parents and staff. Please take the time to explore the page to learn information about the role of the counselor, site information on bullying, and much, much more.

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## **What do School Counselors do?**

School Counselors work in partnership with the school staff, parents, and the community to help students have a more positive and successful school experience. The primary focus of the school counseling and guidance program at the elementary level is prevention. School Counselors work with ALL students and our goal is to help empower students with self-knowledge, positive interpersonal skills, and coping strategies for the issues that elementary children typically face.

### Services Provided:

- Classroom guidance lessons
- Small group counseling
- Individual counseling
- Assistance in crisis situations
- Coordinate efforts with other school professionals in order to help students be successful
- Act as a referral source between school, parents, and community
- Help in the process of admitting and orientating new families to the school

### Back to School Tips:

- Talk with your child about what to expect while at school
- Set a night routine
- Eat a healthy breakfast and plan a healthy lunch

- Pack your backpack and lay out your outfit the night before

LINK

- School lunch ideas - [www.familyeducation.com/school/healthy-brown-bag-lunches/10-easy-ideas-better-bag-lunches](http://www.familyeducation.com/school/healthy-brown-bag-lunches/10-easy-ideas-better-bag-lunches)