

# OUR LADY OF LOURDES CATHOLIC SCHOOL



## GUIDANCE DEPARTMENT SERVICES

*"Our Lady of Lourdes Catholic School exists as a ministry of the Catholic Church to proclaim the Gospel message. Recognizing that each person is a unique creation of God, we endeavor to provide a strong spiritual, academic and emotional foundation enabling students to recognize their full potential."*

# INDIVIDUAL COUNSELING

Individual counseling is provided from the licensed and certified school guidance counselor. Students may request a meeting or be recommended by a parent, teacher or staff member of Our Lady of Lourdes Catholic School or Parish. Concerns, issues or problems regarding behavior, academics, social interactions, expectations from home or school, emotional guidance or spiritual support are addressed with the student. Brief counseling is provided under the guidelines of the Diocese of Orlando, reaffirming the faith and disciplines of the Catholic Church. Therapeutic techniques and strategies are incorporated in providing skills the students may need to be successful.

# SMALL GROUP INTERVENTIONS

## LUNCH GROUPS

Lunch groups are an opportunity for the students to congregate in the guidance office for lunch. These lunch groups meet in a small group setting as a support group to discuss issues of concerns in an informal manner and learn to be compassionate to one another as they relate to similar issues, both at school and at home. The students may sign up on their own or be referred by a teacher, staff or parent.

# SMALL GROUP INTERVENTIONS

## Conflict Resolution

Conflict resolution services may be requested by teachers, parents, administration or self-referral by the students themselves. Typically the student(s) may be having an ongoing issue or concern with another student(s) that is not being resolved through their own attempts and efforts, or intervention by a teacher. The situation may be continuing despite what has been done or corrected, and possibly escalating. The students involved will be invited to explain, identify, process & come to a mutual agreement of resolution regarding the issue.

# Social and Emotional Learning Classes

The guidance counselor leads a Social and Emotional Learning Class (SEL) one time per week for each grade level (PreK3 - 8th Grade). These classes include topics regarding conflict resolution, problem solving, social skill building, self-control, communication skills, positive behavior reinforcements toward one another, character development, among other topics specific to the needs of the students. These classes focus on reinforcing Our Lady of Lourdes core Catholic-values as a school, church, and part of the community.

# Enrichment

In addition to classroom enrichment through our STREAM program, select elementary students are eligible to participate in our weekly enrichment class based on a combination of standardized testing scores, classroom grades, and teacher recommendation. Students are provided with additional opportunities to engage in outside the box thinking and problem solving activities.

# STUDENT ACTIVITIES

The guidance department coordinates some activities for the students throughout the year that support Our Lady of Lourdes efforts of teaching the core Catholic values and virtues. The school body participates as a whole to celebrate Red Ribbon Week-Drug Free Awareness, Our Lady of Lourdes Kindness month, Unity Day, as well as working with the community to share the cards, letters, placemats & bookmarks the students make to give best wishes to those in the community.

# PARENT COLLABORATION

## Parent/Teacher meetings

Parent/teacher meetings are allotted twice a year on a structured schedule set by the administration, but can be requested at any time throughout the year. Parents may coordinate a parent/teacher conference through the homeroom teacher, the administrative office, student services or the guidance counselor.



# COMMUNITY RESOURCES

The guidance counselor may also assist parents/guardians that request information regarding services available for support in the community. The guidance counselor provides reliable resources and contacts that help support the needs of the parents/guardians and family. The guidance counselor communicates regularly with the parents/guardians to ensure they are receiving the best care and guidance through the community network, system & process.