THANK YOU COVINA-VALLEY USD

Dr. Elizabeth Eminhizer
Superintendent

Dr. Michele Doll
Assistant Superintendent, Personnel Services

Dr. Jonathan Blackmore
Assistant Superintendent, Educational Services

Dr. Julie Harrison
Director of Curriculum and Instruction 6-12

Dr. Andrea Katanic
Director of Curriculum and Instruction K-5

Dr. Rene Valdez
Director of Student Services

Mr. Rod Zerbel
Director of Personnel Services

Mr. Brock Jacobsen
Director of 21st Century Learning and Technology Support Services

Mr. Marc Chaldu
Director of Fiscal Services

Ms. Lizett Olivares
Director of Nutrition Services

Mr. Darrin Howard
Director of MOFT

Board Members

Gary Rodriguez
Board President

Rachael Robles
Vice President

Maria Caceres
Clerk

Sue Maulucci
Member

Maria Roman
Member
AGENDA

Introductions
Role of School Counselor
South Hills School Counseling Program
Academic Support
College/Career
Social/Emotional
School Counseling During Distance Learning
Contact Information
Q & A
SOUTH HILLS HIGH SCHOOL COUNSELORS

DANIELLE ALEXANDER
Students with Last Names A-E

ALEXIS MELE
Students with Last Names F-Li

SASHA HEFLIN
Students with Last Names Lo-Ri

SHAWNA HANSEN
Students with Last Names Ro-Z & ELL Students
SOUTH HILLS HIGH SCHOOL
COUNSELING DEPARTMENT

PAULA BRAY
REGISTRAR

COURTNEY GREENHAGEN
COUNSELING SECRETARY

LULU SALDANA
SUPPORT SERVICES SECRETARY
SOUTH HILLS HIGH SCHOOL
COUNSELING INTERNS

Mrs. Ayla Wunder
School Counseling Intern
National University
M.S. Educational Counseling

Ms. Ivy Liu
School Counseling Intern
CSU Long Beach
M.S. Counseling (School Counseling)
SIERRA VISTA
COUNSELING TEAM

MARIE RAMIREZ
School Counseling Intern
Azusa Pacific University

CYNTHIA BERNAL
School Counselor

JAZZLYN SANDOVAL
School Counseling Intern
Azusa Pacific University
ROLE OF THE SCHOOL COUNSELOR

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL
MISSION STATEMENT

The mission of the South Hills High School Counseling Department is to provide a proactive and equitably comprehensive program to address students’ academic, college/career and social/emotional needs. Respecting students’ backgrounds and individual circumstances, South Hills school counselors collaborate with stakeholders to ensure all students become successful, contributing citizens and lifelong learners in a diverse and changing world.
The mission of the Sierra Vista Middle School Counseling Department is to provide all students with equal access to a comprehensive, and developmentally appropriate program that supports students’ academic/career goals, and social-emotional needs. Through partnership and collaboration with parents, guardians, staff, and community members, we strive to empower all students to become successful, productive, lifelong learners.
ROLE OF THE SCHOOL PSYCHOLOGIST

- Case manager for all SAI students
- Conduct psychoeducational assessments for SAI & DHH populations
- Consult with teachers and other service providers to provide the most appropriate services for special education students
- Conduct risk assessments and create re-entry plans
- Provide crisis counseling as needed

AMANDA BERNARDO
Sierra Vista School Psychologist

GARY McMURTREY
South Hills School Psychologist
ACADEMIC SUPPORT

- Collaborate with teachers, students, parents & administrators
- A-G and Graduation Status (high school)
- Class Scheduling
- Tutoring Resources/Office Hours
- Student Study Team (SST) Process
- 504 Accommodation Plans
HOW TO ASK FOR ACADEMIC HELP?

If your child is struggling with content in class(es):

- Have a conversation with your student about it
- Reach out to teachers via email and share with them what you discussed
- Be sure to give teachers adequate time to respond via email
- If you need further assistance, reach out to your student’s counselor or administrator for support

It's OK to ask for help
ACADEMIC SUPPORT TIPS

- Use Google Classroom & Aeries Parent Portal regularly
- Encourage movement during breaks, after school, etc.
- Reduce distractions, if possible
- Help students organize by using a checklist/planner
- Provide immediate positive reinforcement and feedback
- Give your child (and yourself) a break when things get overwhelming
COLLEGE/CAREER

- Career Surveys
- College Search and Planning (Naviance)
- College Week (middle school)
- Financial Aid Assistance
- Application Workshops (high school)
- College Application Resource Website (link on South Hills website)
- Work Permits
SIERRA VISTA COLLEGE WEEK

February 1st - 5th

- Intro to College Life
- Intro to Majors
- Community College, Trade School, Military
- Career Exploration
- Preparing for College
Selecting a college can be one of the most important and fun experiences of a student's high school career. This resource guide is designed to give you an overview of the types of higher education opportunities available and more specific information about those options and the application process.

**Schedule of Virtual College Visits**

Click on the title for link and more information

**C-VIDU Counseling Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, September 15</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:40pm</td>
<td>University of Alabama Virtual Presentation</td>
</tr>
<tr>
<td></td>
<td>2:40pm</td>
<td>Oregon State University - Virtual Visit</td>
</tr>
<tr>
<td></td>
<td>3:30pm</td>
<td>RAAC by Region. Western Schools Webinar (Registration Required)</td>
</tr>
</tbody>
</table>
COLLEGE/CAREER EXPLORATION TIPS

● Start the conversation early about college and possible careers!

● Focus on your child’s strengths

● Set realistic goals together

● Spend time together looking through career inventories and college websites
COLLEGE/CAREER EXPLORATION TIPS

➔ Attendance is the foundation to success!
  ◆ Make sure your child consistently attends school every day, and schedule appointments during after school hours and non-school days.

➔ Encourage your child’s progress in their classes and testing
  ◆ You can measure your child’s assessments and proficiency levels on the parent portal, and have conversations with your child’s teacher to discuss their progress.

➔ A positive learning environment is key
  ◆ Keep a positive mindset around school and your child’s plan after high school.

➔ Challenge your child outside of school
  ◆ Help your child learn to persevere in solving problems by encouraging a trial-and-error process that involves multiple and creative strategies for discovering solutions.
  ◆ Practice communication skills by talking with your child about their day, homework and how he or she is learning.
SOCIAL/ EMOTIONAL WELLNESS

- Short-Term School Based Counseling
- Crisis Intervention
- Suicide Prevention (S.O.S program)
- Community Referrals/Care Solace
  - District Social Workers/Interns
- Wellness Support
- Student Involvement (Clubs, Athletics, ASB)
PEER COUNSELING

SOUTH HILLS HIGH SCHOOL Peer Counselors
Welcome to South Hills Wellness Center

The South Hills Wellness Center is committed to providing students with a safe and comfortable space with access to wellness resources and healthy strategies to support students’ mental health and well-being in order to develop healthy coping skills, improve school climate/culture and promote academic success.
Virtual Calming Space

During overwhelming times in our life, it's important to find ways to rest and cope with our difficult emotions.

It can be hard to find a quiet and calm space in our own mind.

This Virtual Calming Space is a place for students to find tools and strategies for managing emotions and feelings.

Enjoy and take some time for yourself!
C-VUSD Middle Schools
Counseling and Wellness

Welcome Cuna Valley Families!

We are so excited to welcome you back to school! As we enter a new school year with many changes and challenges, rest assured we are here to support you. Here you will find resources for both students and parents. If you need additional support or have specific questions for your school counselor, you can find all contact information below. We hope you find this website helpful and useful.

-Your Middle School Counselors

[Images of students' hands together, heart with the words "LOVE", and rocks on the beach with the words "CALM"]

Forest Resources
Student Resources
Wellness Activities

[Logos for Las Palmas, Sierra Vista, Traweek]
ROLE OF DISTRICT SOCIAL WORKERS

ASW: MICHELLE SUYAT & MONICA MOREIRA

- School Social Workers are the link between home, school and community in provided direct and indirect services to students, families and school staff to promote and support students academic and social success.
- Mental Health Interns are graduate level students working towards their degree in social work.
Mental Health Services

Mental health impacts not only our students but our families, schools, and communities.

School Social Workers are the link between home, school, and the community. Life stressors can often lead to changes in mood or behavior. Developing healthy coping skills can help address some challenges at school and in the home. We provide direct as well as indirect services to students, families and school personnel to promote and support students' academic and social success.

Student Support

- Individual Mental Health Counseling
- Group Counseling
- Crisis Support
- Risk Assessment
- Signs of Suicide Prevention Implementation

For Immediate Help

IF YOU NEED IMMEDIATE HELP, CALL 911.

FOR A PSYCHIATRIC EMERGENCY, CONTACT THE DEPARTMENT OF MENTAL HEALTH 24-HOUR ACCESS CENTER AT (800) 854-7771
COUNSELING SUPPORT DURING DISTANCE LEARNING

- Available through email, phone and Google Meets
- Google Voice (calls/texts)
- Virtual Calming Room (link on SV/SHHS website)
- Classroom Lessons and Visits
SOCIAL JUSTICE

- IB World School - South Hills
- Restorative Practices
- SVMS Food/Supplies Support
- COPE - A Safe Space for Student Voice
- Clubs
Inequality
Unequal access to opportunities

Equality?
Evenly distributed tools and assistance

Equity
Custom tools that identify and address inequality

Justice
Fixing the system to offer equal access to both tools and opportunities
TIPS FOR TALKING TO YOUR CHILD ABOUT BIG TOPICS

1) Listen for feelings
2) Give space for conversation
   a) Use books/literature
3) Protect from misinformation and ensure safety
4) Model positive behavior
5) Keep the door open for more conversation
GRIEF & LOSS

- Counselor Check-ins
- Care Solace
- Grief Small Counseling Group
- ASW Intern Support

caresolace.com
HOW TO TALK ABOUT GRIEF/LOSS

1) Be honest and concrete
2) Take things slowly
3) Find a support system
4) Work through your own grief
5) Ask for help
UPCOMING EVENTS

- Classroom Scheduling Presentations
  - Beginning February 16th
  - During English classes
- Grade Level Parent and Student Meetings
- Light Up the Night: next month!
UPCOMING PARENT MEETINGS
SOUTH HILLS COUNSELING

FEBRUARY 2021

FEBRUARY 4TH AT 6:00PM
SIERRA VISTA & SOUTH HILLS COUNSELING PROGRAM OVERVIEW

FEBRUARY 10TH AT 6:00PM
10TH GRADE PARENT/STUDENT MEETING

FEBRUARY 11TH AT 6:00PM
9TH GRADE PARENT/STUDENT MEETING

FEBRUARY 11TH AT 7:00PM
11TH GRADE PARENT/STUDENT MEETING

FEBRUARY 17TH AT 6:00PM
12TH GRADE PARENT/STUDENT MEETING
UPCOMING EVENTS

5th Grade Parent & Student Meeting
Barranca, Ben Lomond, & Mesa → SVMS
Tuesday, February 16th
6:00pm-7:00pm

8th Grade Parent & Student Meeting
Sierra Vista Middle School → SHHS
Tuesday, March 2nd
6:00pm-7:00pm
Light up the Night
March 11, 2021
CONTACT INFORMATION

Danielle Alexander  
Counselor (A-E)  
dalexander@c-vusd.org

Alexis Mele  
Counselor (F-Li)  
glele@c-vusd.org

Sasha Heflin  
Counselor (Lo-Ri)  
sheflin@c-vusd.org

Shawna Hansen  
Lead Counselor (Ro-Z)  
shansen@c-vusd.org

Sierra Vista Main Office  
626-974-7300

Shawna Hansen  
Lead Counselor (Ro-Z)  
shansen@c-vusd.org

Cynthia Bernal  
Counselor A-Z  
cynthiabernal@c-vusd.org

SHHS Counseling Office  
626-974-6208

Sierra Vista Main Office  
626-974-7300

@southhillsfounseling  
@shhscounseling_  
@svmsrocks
THANK YOU!