Objectives (AKA Learning Targets)

Increase Knowledge Around ACES

How to create a culture of success

Learn/ discuss skills on how to actively engage students to increase success in schools
Outline for the Day:

First Welcome Everybody

Talk about ACES/Resiliency

Talk about what factors can help students be successful in school

PBIS/Multi-Tier System

The importance of family engagement

Different examples of workshops for parents/guardians

Q&A and open sharing- ENCOURAGE
Ground Rules:
- Be an active participate
- We are all learners: No question is ridiculous
- Practice Self-Care
- Take breaks as needed
ACES: Acute Childhood Experiences

What are ACES:

- Early childhood where toxic stress was experienced
- Toxic stress makes it difficult for the brain to develop healthy neural networks and some brain cells may die
- ACES can influence whether a student experiences triumphs or trials
- Transitional trauma is similar to ACES
Activity

How does ACES impact your school?

How does ACES impact classrooms?

How does ACES Impact the curriculum for:

- Social/ emotional growth
- Academic
- Career/college readiness

Consider the following when looking at how ACES impacts your school and community...

- How many students are identified as McKinney Vento?
- What are the percentages of students on free/ reduced lunch?
- How many of the students parents went to college(est.)?
- What are some of the stories students are telling you?
Creating a Culture of Success

1. The cultural of success includes assisting students with academic, emotional, social and behavioral needs
2. Counselor's role is to teach evidence based social and emotional curriculum
3. Counselor offers brief individual and group counseling sessions

The goal is to develop and maintain a supportive and healthy relationship with student and guardian.
Setting Classroom Expectations

- Clear expectations
- Clear and concise
- Make expectations age appropriate for place and time
- Promote success in the classroom
- Redirect and be creative

When setting expectations it is important to have consistency throughout the building
Creating Success Around Transition

- Be mindful of class changes
- Breaks
- More discipline happens around these times - think of alternative options
- Provide structure, reinforce expected behavior, and provide predictable patterns to help ease the transitional periods for students
Elementary, Middle and High School

Learning is a place where children develop and thrive in.
Creating Success for Elementary

- Parent/child conferences
- Love and Logic training for staff and families
- Parents/guardians participation in schoolwide assemblies and school field trips
- Family and child read in days
- PTSA and mentorship programs
Creating Success in Middle School

● Student of concern meetings to discuss:
  ○ Prevention/interventions used to help students succeed:
    ■ Academically
    ■ Emotionally
    ■ Socially

● Teachers be trauma informed: advocate at district/ building level to have ACES and Resilience building trainings

● Train all staff in motivational interviewing

● Provide students with opportunities to develop/ explore interests
Creating Success in High School

- Students of concern meetings
- Promote post secondary planning
- Promote healthy choices
- Encourage students to try new things

Provide time and space for students to be young
Create programs to explore and provide leadership opportunities:

As a school counselor, it is important to actively seek new and exciting programs to help encourage community and student success.

Study skills- curriculum available for free through OSPI

Career Interests- curriculum through OSPI

Hold Career Day for 8th graders- recruit PTSA help, write local grants for refreshments, ask local business

Complete High School and Beyond plan- 8th grade- available through OSPI

Hold Character Days, No Name calling Week, Kindness Week,

WEB- Where everyone belongs
Time for some fun!

Inside out- parents
If you think they have it hard
wait:
SAT'S!!!
Provide opportunities to engage parents/guardians:

- Ask parents/guardians to volunteer at events: career day, speed mentoring, field day, etc.

- Create a parent center at the school - a warm place for parents to feel comfortable and welcomed

- Have events at schools to help parents with parenting skills, keeping up with academics, and technology!
How to Advocate?

Consult, Consult, Consult - with other counselors, community resources, agencies that work with your families, etc.

Look for opportunities to enhance the school climate and community

Provide opportunities for parents/guardians to grow and learn
School Counselor's Role with Community:

Work with Community Resources to provide outreach programs to members:

- McKinney Vento: resources that provides members with food, housing, college application resources, and transportation vouchers, etc.

- DSHS / DCFS - Department of Social Health Services

- Working with Case Managers from various agencies such as: mental health or developmental disability office

- Drug and alcohol prevention/intervention
Help Students Cope with Stress/Anxiety:

Create success by providing proactive interventions based on the students past and needs:

- Look at disciplinary actions: look at their history... Prior to creating an Action Plan
- Mindfulness activities/ coping strategies
- Focus on how to handle and manage stress/ anxiety
- Provide opportunities for students to reflect on behaviors
- Provide time for cool down- time to process

Ask important questions: have you eaten breakfast, how was your morning weekend/ tell me more about who you spent time?
Other things to consider
Provide Opportunities for Growth:

Provide opportunities for alternative disciplinary actions:

- Instead out school suspension - in school
- Lunch detentions - After school classes
- Provide opportunities to reflect on behaviors
- School restitution - community service
- Be mindful on what we input into our computers for disciplinary actions (create bias)

Always look for opportunities for students to learn from their mistakes.
Before you can help others, you need to take care of yourself:

- Drink water
- Exercise
- Eat healthy- team up and have healthy snacks in break room; have each grade level pick a month (We are budgeting!)
- Be around those who support you
- Find a mentor in the district
- When strong emotions for a particular student or event comes up, reflect on how/what are the reasons for it- Avoid countertransference
References: Websites


[Kitsap Strong](http://Kitsap Strong) (2016) - provides trainings, resources, and articles about Adverse Childhood Experiences (ACES) and how to help build resilience in students.

[OSPI](http://OSPI) (2017) - provides information regarding certification, career and college readiness and much more ...
References: Articles


Center on the Developing Child(2016) Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence. Boston, MA: Harvard University
References: Books


