



Counselor's Corner

A guide to the helping & learning process with Mrs. Osbun , MA, LPC
Elementary School Counselor serving grades pre-k - 3 at Durban Avenue and Tulsa Trail

This newsletter serves as an introduction for parents and guardians to the School Counseling Program at Durban Avenue & Tulsa Trail for students in pre-K through third grade. Mrs. Osbun also serves as 504 Coordinator, RTI Coordinator and Anti-Bully Specialist for both buildings. Check out the counseling website for more information! Please do not hesitate to contact Mrs. Osbun with any questions or concerns.



Goals of a School Counselor:

- To **help children** understand themselves and others.
- To **help children** understand the school environment.
- To **help children** understand attitudes and behaviors.
- To **help children** gain inter-personal and communication skills.
- To **help children** learn problem solving and decision making skills.
- To **help children** feel good about themselves and explore emotions.
- To **help children** develop school and life success skills.

Ways to meet the counselor

- * Informally around the school
- * Parental request (google form on web-site/ phone/ email/ note)
- * School Staff Request (referral form—parents will be informed)
- * Student request (leave a note for Mrs. Osbun in her mailbox)

What is the role of an Elementary School Counselor?

A school counselor is responsible for assisting students to achieve success in academic, social, and emotional areas.

School Counselors achieve this by:

Individual Counseling
Group Counseling
Consultations with parents and teachers
Classroom Social Emotional Learning lessons
Crisis Intervention and Referral

What are the qualifications of a school counselor?

New Jersey requires a 48 credit master's degree, internship hours, and state certification.



Contact Information

Email:

losbun@hopatcongschools.org

Phone:

Durban (973) 770-8966

(T/TH/F)

Tulsa (973) 770-8870

(M/W/F)

Website: located at
hopatcongschools.org



A child may see the counselor for:

Friendship Issues
Social Skills
School Related Issues
Conflict Resolution/ Problem Solving
Motivation
Change in Family Dynamics
Self-Regulation
Coping Skills
Self-Confidence
Executive Functioning Skills
... and much more!!!

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* Talk about things that are important to them.

* Explore different emotions, reasons, and reactions to them.

* Use play and art media to learn about themselves & others.

* Participate in group discussion

* Learn different life skills.

* Read books about problems they may be having.

* Practice a variety of coping strategies.



Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad. Children quickly understand that they can fill buckets when they do and say things that are kind, caring, and respectful. They also learn that when they are mean, uncaring, or disrespectful, they dip into buckets and remove those good feelings. Even the youngest child understands that actions and words can either fill a bucket or dip into it. We are encouraging and recognizing everyone's efforts to be bucket fillers at home, at school, and everywhere they go. We are excited about continuing this successful program and look forward to your support.

September	We are a Bucket Filling School!
October	Fill a Bucket with Respect
November	Fill a Bucket with Responsibility
December	Fill a Bucket with Caring
January	Fill a Bucket with Fairness
February	Fill a Bucket with Citizenship
March	Fill a Bucket with Trustworthiness
April	Fill a Bucket with Good Decisions
May/ June	How many buckets have you filled this year?

If your child is experiencing difficulties at home, I would like to provide additional support at school. I understand you are not always able to share details and that's ok! If your child is coming to school after a difficult night, morning or weekend, please email me with the subject "Handle with Care" and include your child's name and class. Nothing else will be said or asked. This will let me know that your child may need extra time, patience or help during the day. I will reply back with an update at the end of the school day.

**Adapted from Care & Connection, Oregon Dept. of Ed.*

Kindness Matters

Always & In All Ways

Kindness Kingdom

Byrne Bucks

Student of the Month

Each month one student per grade level will be selected by a committee to be Student of the Month! That student will be awarded a trip to the school store and will be recognized on announcements for showing hard work, determination, perseverance and persistence.

Check out Mrs. Osbun's website for more information and resources!