

SOUTH HILLS HIGH SCHOOL  
SIERRA VISTA MIDDLE SCHOOL  
BARRANCA - MESA - BEN LOMOND



# SCHOOL COUNSELING PROGRAM & RESOURCES



# 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

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**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**

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**PAULA  
BRAY**  
REGISTRAR

**COURTNEY  
GREENHAGEN**  
COUNSELING SECRETARY

**LULU  
SALDANA**  
SUPPORT SERVICES  
SECRETARY



# SOUTH HILLS HIGH SCHOOL COUNSELING INTERNS

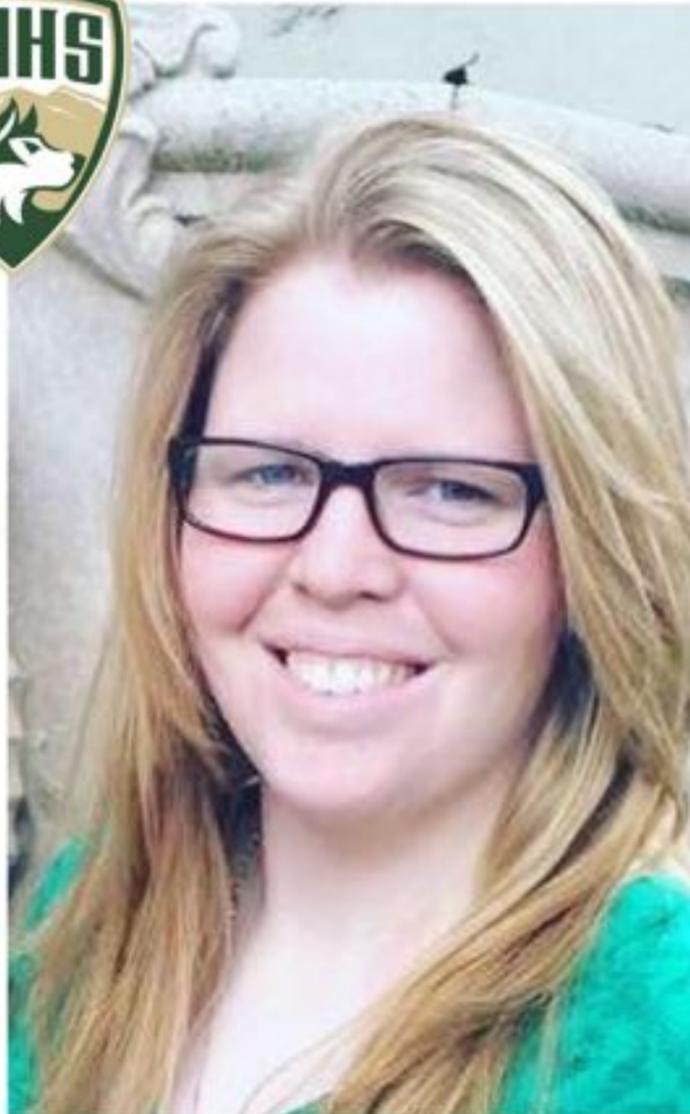
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Mrs.  
Ayla  
Wunder



*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*



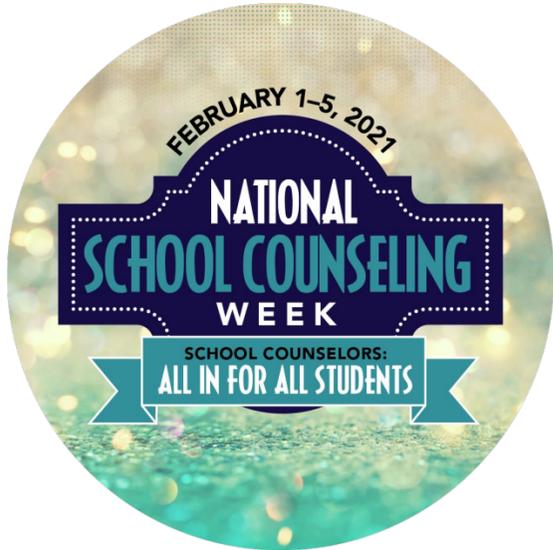


# ROLE OF THE SCHOOL COUNSELOR

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL



## SOUTH HILLS SCHOOL COUNSELING PROGRAM

# 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.



# SIERRA VISTA COUNSELING PROGRAM

# MISSION STATEMENT

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.



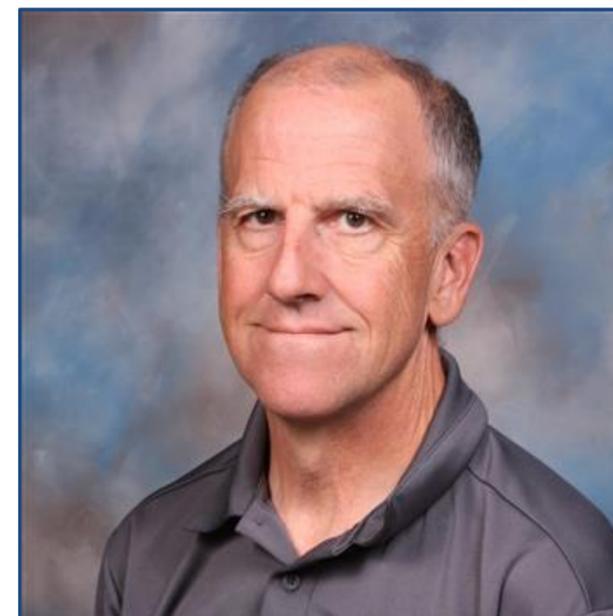
# ROLE OF THE SCHOOL PSYCHOLOGIST

- 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

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- 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?

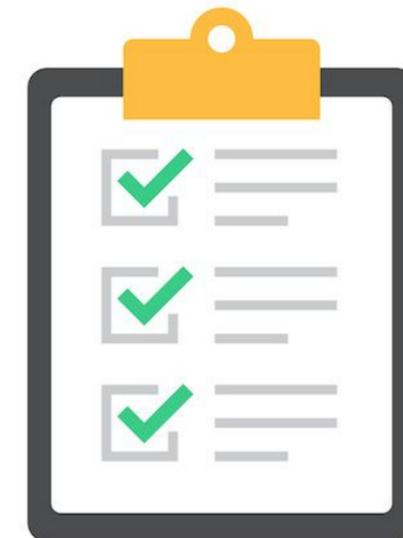
## ***If your child is struggling with content in class(es):***

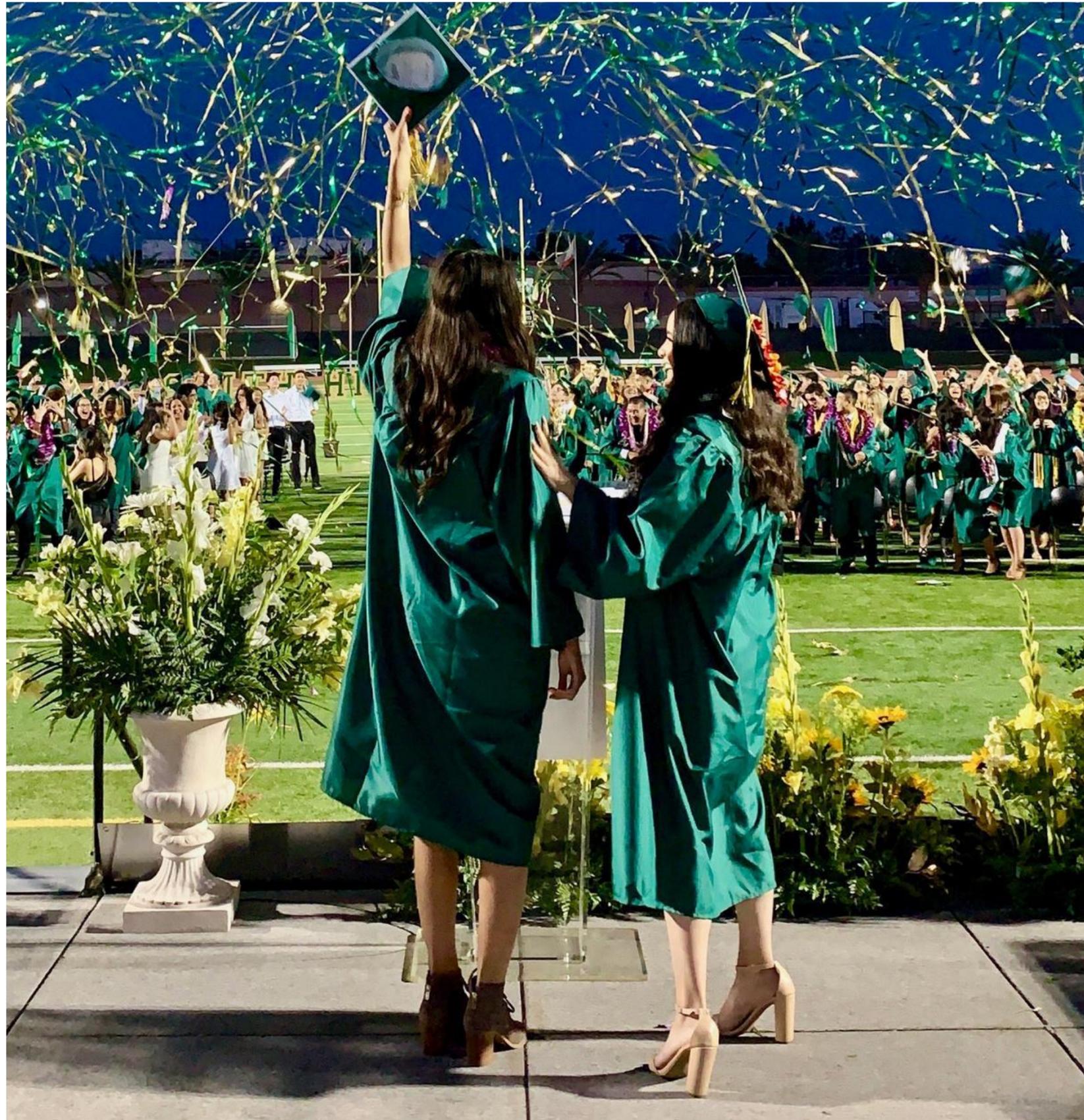
- Have a conversation with your student about it
- Reach out to teachers via email and share with them what you discussed
- Be sure to give teachers adequate time to respond via email
- If you need further assistance, reach out to your student's counselor or administrator for support

**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





SHHS College Application Resource Guide

- Overview
- Timeline and FAQ
- Searching for Colleges
- Community College
- CSU
- UC
- Private/Out-Of-State
- College Entrance Exams - SAT and ACT
- Financial Aid
- Naviance
- Letter of Rec Process
- College Essays
- Supplemental Information



# College Application Resource Guide



## South Hills High School College Application Resource Guide

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-VUSD Counseling Calendar**

Today ← → Tuesday, September 15 ▼ Week Month Agenda

Tuesday, September 15	
12:40pm	University of Alabama-Virtual Presentation
2:40pm	Oregon State University - Virtual Visit
5:30pm	RACC by Region: Western Schools Webinar (Registration Required)

# 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.

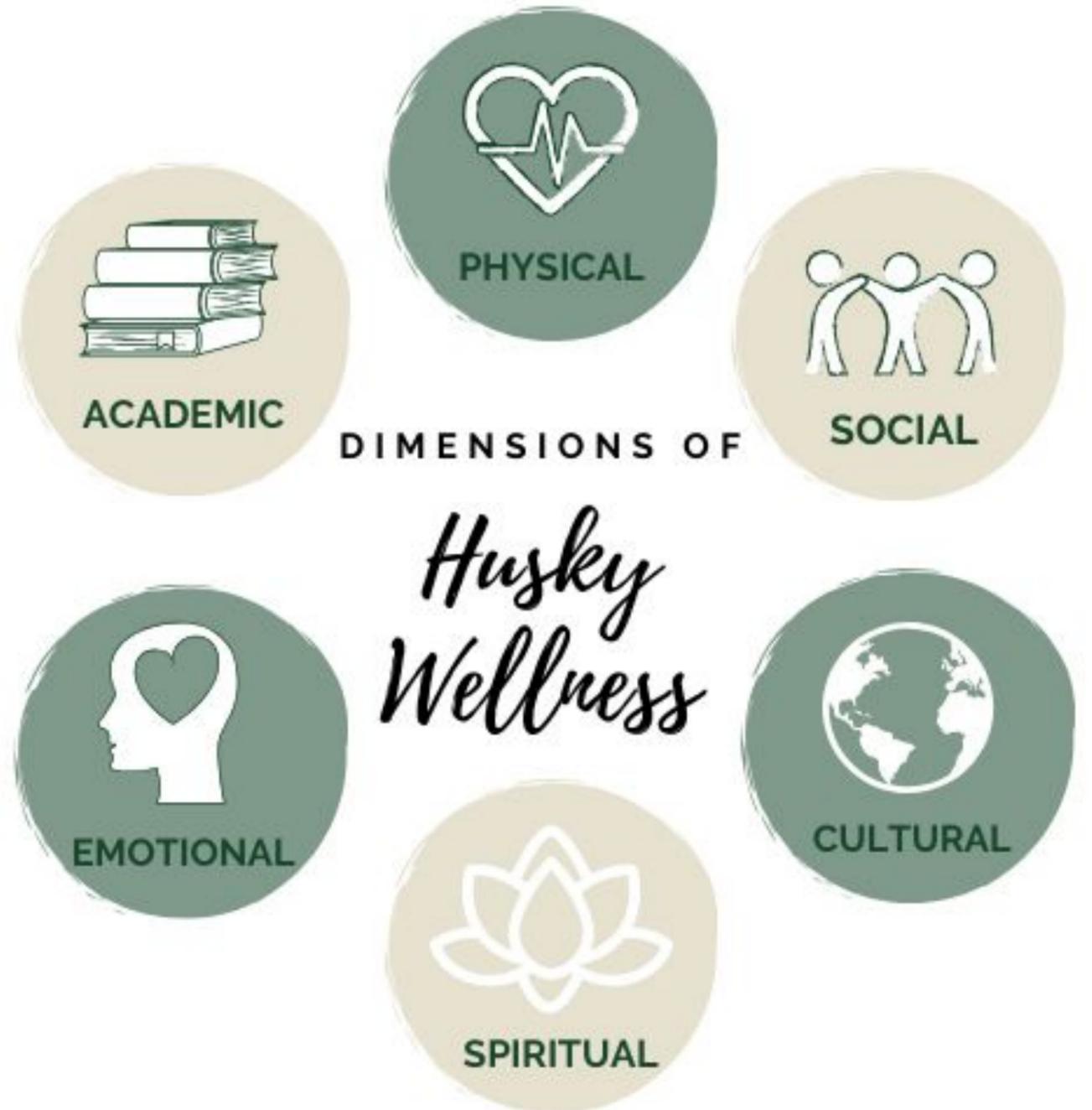


# SOCIAL/ EMOTIONAL WELLNESS

- 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)

SOUTH HILLS COUNSELING

# WELLNESS CENTER





# PEER COUNSELING

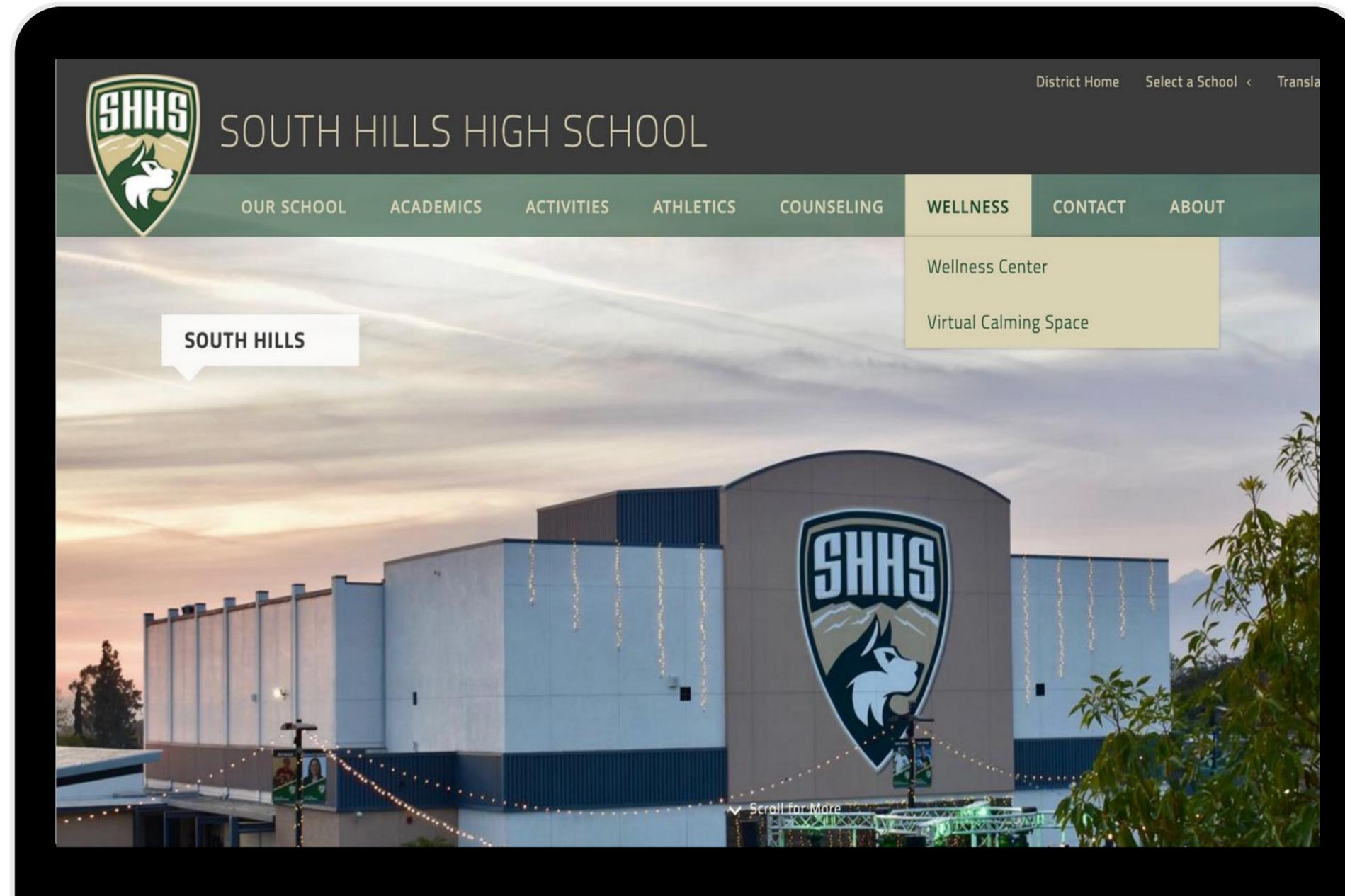
**SOUTH HILLS  
HIGH SCHOOL**

*Peer Counselors*



# SOUTH HILLS COUNSELING

# WELLNESS CENTER WEBSITE



Home

About Husky Wellness

Wellness Center

Meet the Wellness Team

Wellness Resources by Topic

More



## *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.*



@shhswellness

# Virtual Calming Space

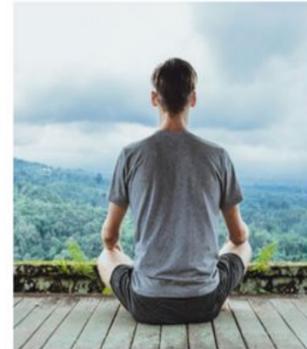
During overwhelming times in our life, it's important to find ways to relax and cope with our difficult emotions. It can be hard to find a quiet and calm space in our own mind. This Virtual Calming Space is a place for students to find tools and strategies for managing emotions and feelings. Enjoy and take some time for yourself!



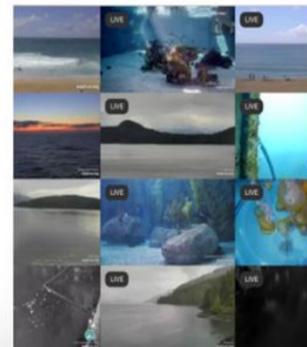
[Sounds + Music](#)



[Visual Relaxation](#)



[Guided Meditation](#)



# Counseling and Wellness

Welcome Covina-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



Parent Resources



Student Resources



Wellness Activities



Las Palmas

Need an Appointment?



Sierra Vista

Need an Appointment?



Traweek

Need an Appointment?

# 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.





**MARLETTE  
ALOR**

**ASW INTERN**

**JENNIFER  
CAZARES**

**ASW INTERN**



**GISELLE  
DEL RIO**

**ASW INTERN**

## Mental Health Services

Overview

Mental Health Resources

Trauma and Grief Team

COVID-19: Coping and Emotional Wellbeing

School-Based Mental Health Counseling Referral Form



**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



**FREE!** SVMS BUILDERS CLUB & COUNSELING DEPARTMENT PROUDLY INTRODUCE...

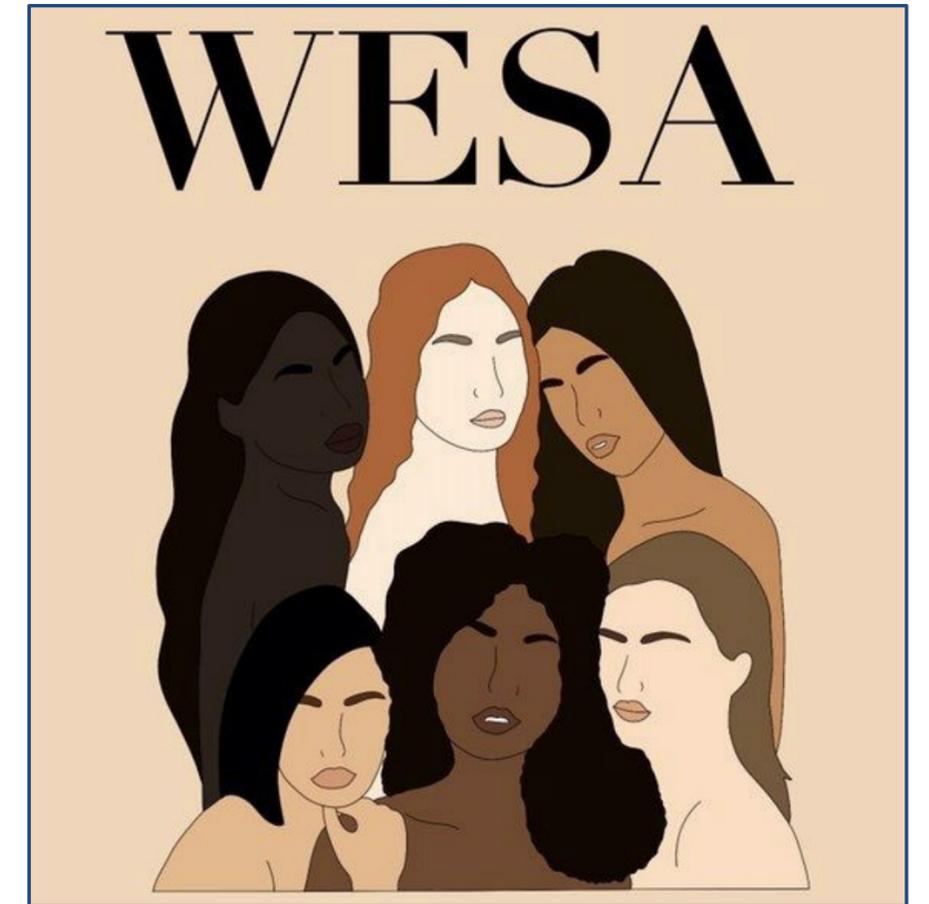
**FOOD & HOUSEHOLD SUPPLIES SUPPORT!!**



Scan this QR Code with your smartphone camera or visit: <https://tinyurl.com/y5n777xn>

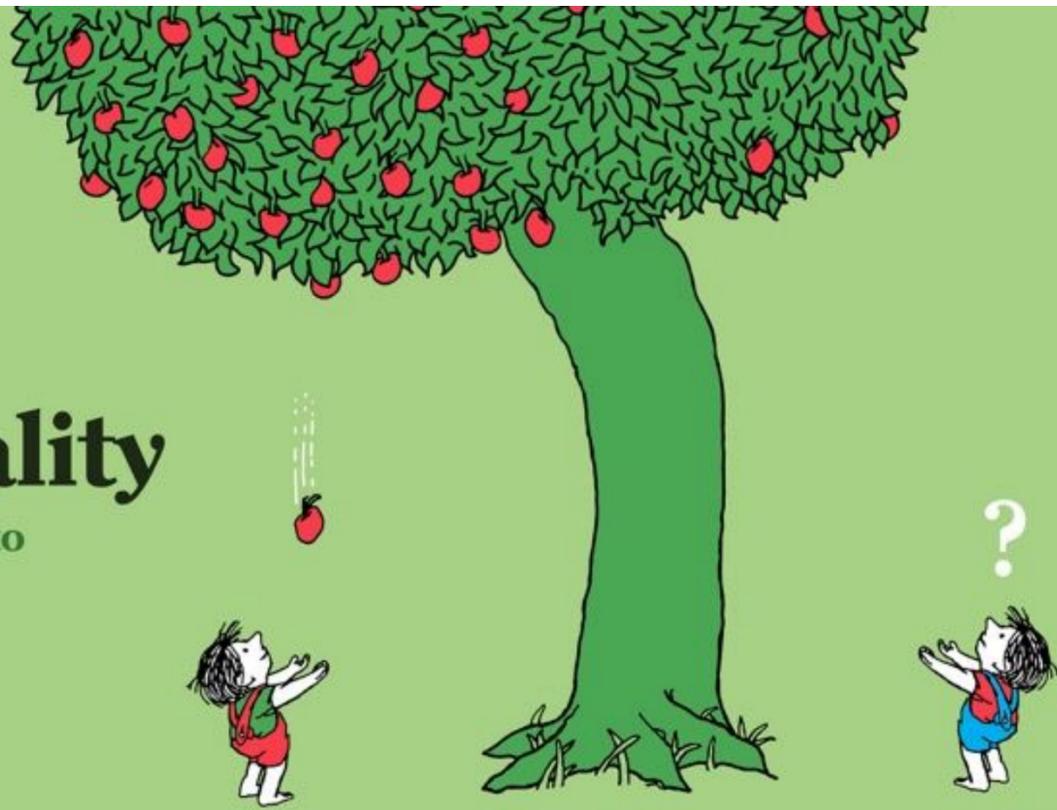
**SCAN ME** To REGISTER!

# FIND YOUR VOICE



# Inequality

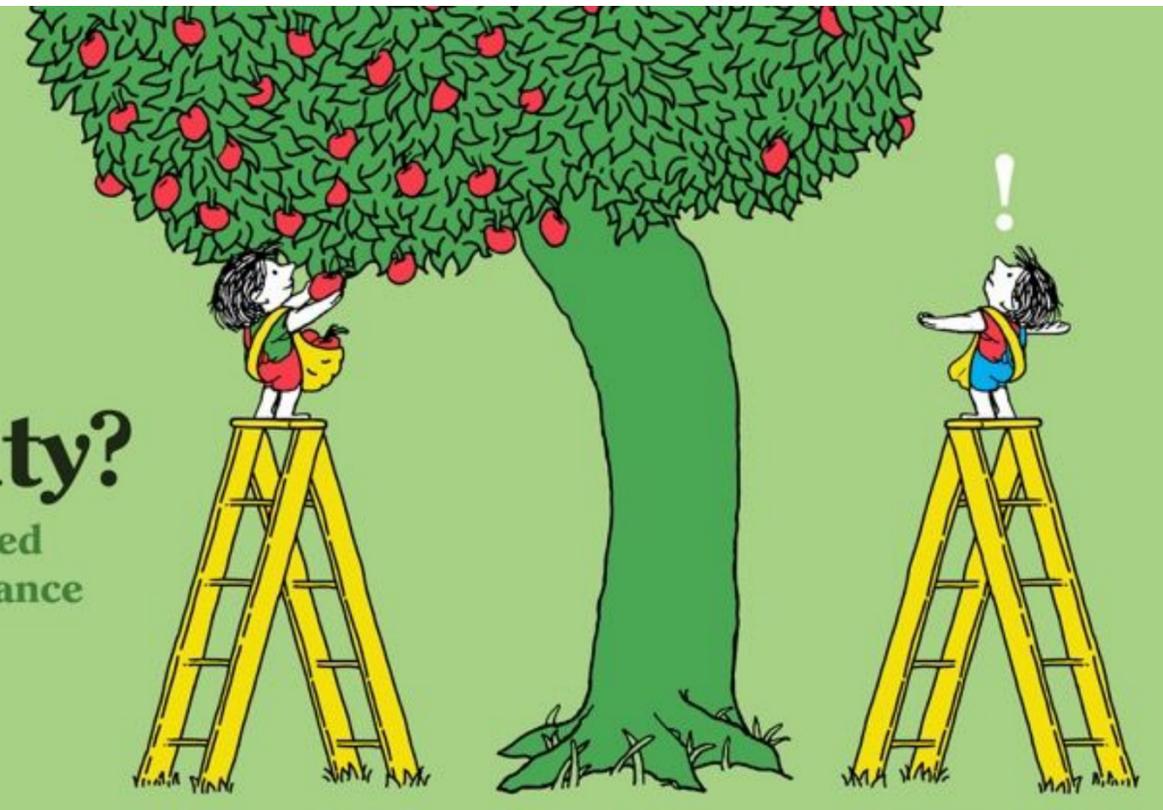
Unequal access to opportunities



By @lunchbreath  
based on Shel Silverstein's Giving Tree  
for John Maeda's 2019 Design in Tech Report

# Equality?

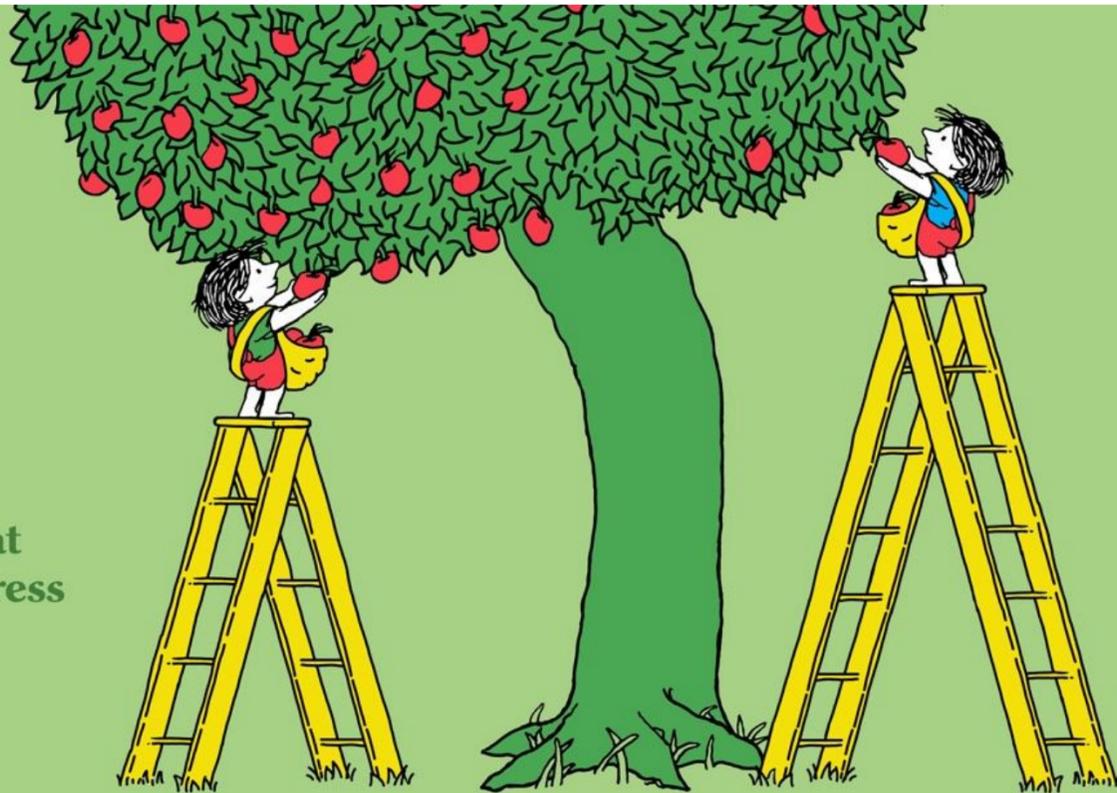
Evenly distributed tools and assistance



By @lunchbreath  
based on Shel Silverstein's Giving Tree  
for John Maeda's 2019 Design in Tech Report

# Equity

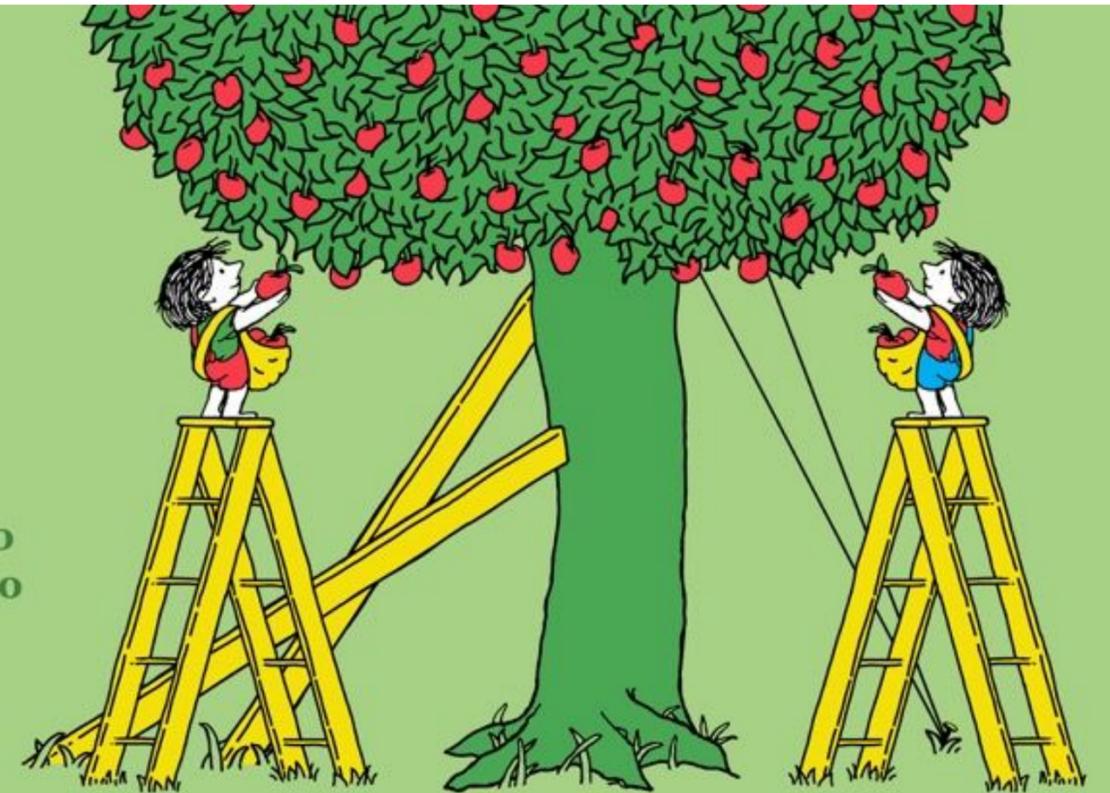
Custom tools that identify and address inequality



By @lunchbreath  
based on Shel Silverstein's Giving Tree  
for John Maeda's 2019 Design in Tech Report

# Justice

Fixing the system to offer equal access to both tools and opportunities



By @lunchbreath  
based on Shel Silverstein's Giving Tree  
for John Maeda's 2019 Design in Tech Report

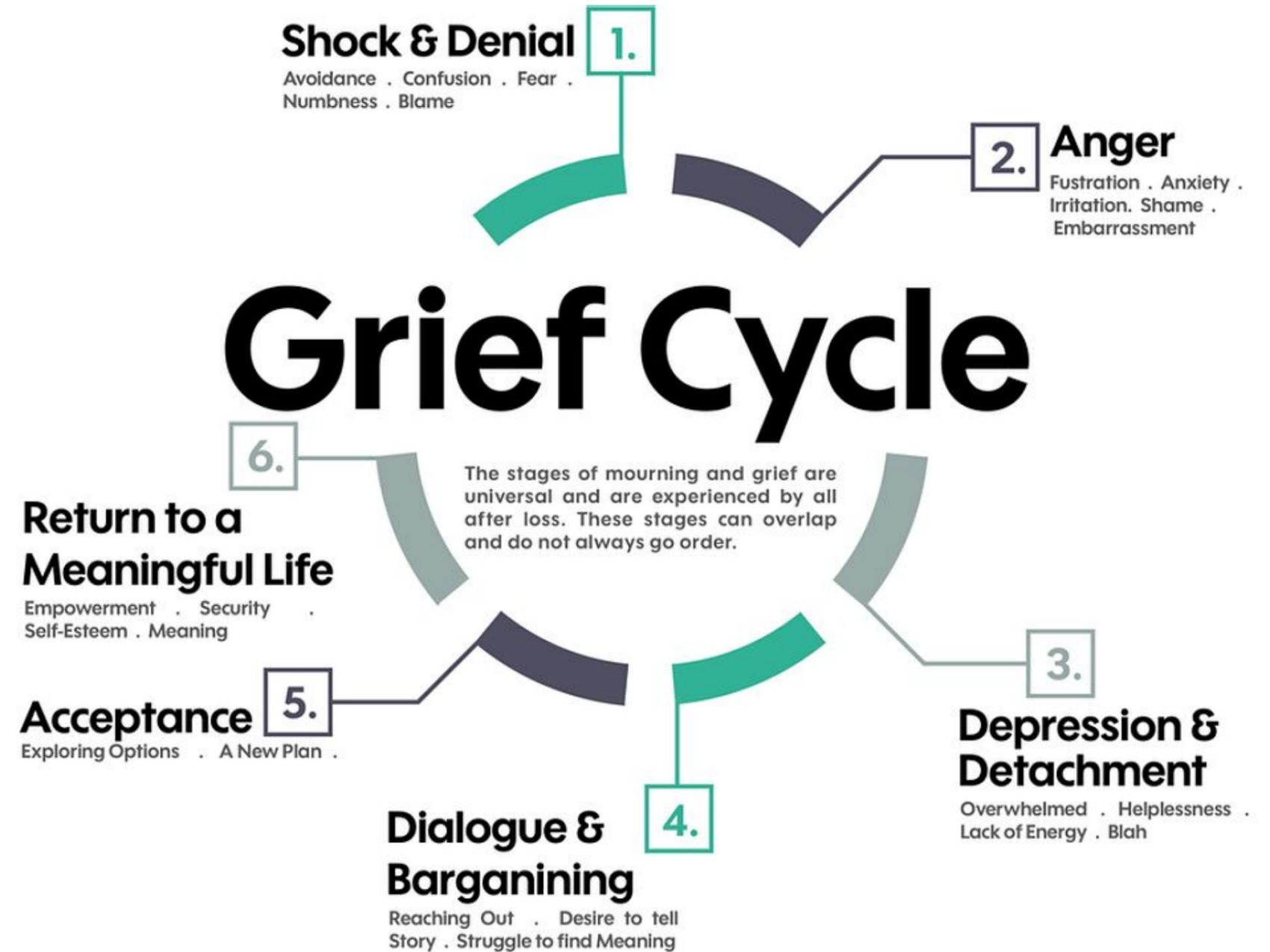
# TIPS FOR TALKING TO YOUR CHILD ABOUT BIG TOPICS

- 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





SOUTH HILLS COUNSELING

# UPCOMING EVENTS

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- 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**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



**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

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## 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



**SHHS Counseling Office**

626-974-6208



**Sierra Vista Main Office**

626-974-7300

**Danielle Alexander**

**Counselor (A-E)**

[dalexander@c-vusd.org](mailto:dalexander@c-vusd.org)

**Alexis Mele**

**Counselor (F-Li)**

[amele@c-vusd.org](mailto:amele@c-vusd.org)

**Sasha Heflin**

**Counselor (Lo-Ri)**

[sheflin@c-vusd.org](mailto:sheflin@c-vusd.org)

**Shawna Hansen**

**Lead Counselor (Ro-Z)**

[shansen@c-vusd.org](mailto:shansen@c-vusd.org)

**Cynthia Bernal**

**Counselor A-Z**

[cynthiabernal@c-vusd.org](mailto:cynthiabernal@c-vusd.org)



 @southhillscounseling

 @shhscounseling\_

 @svmsrocks



THANK  
YOU!