

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



SCHOOL COUNSELING PROGRAM & RESOURCES



THANK YOU COVINA-VALLEY USD

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Assistant Superintendent, Personnel Services

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Assistant Superintendent, Educational Services

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DR. ANDREA KATANIC

Director of Curriculum and Instruction K-5

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Director of Student Services

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Director of Personnel Services

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Director of Fiscal Services

MS. LIZETT OLIVARES

Director of Nutrition Services

MR. DARRIN HOWARD

Director of MOFT

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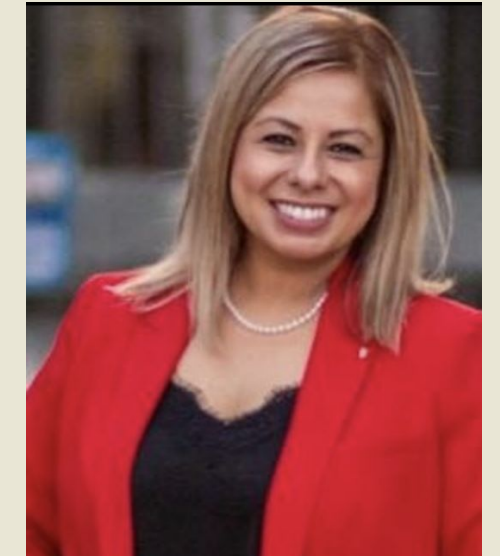
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MARIA CACERES

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



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.



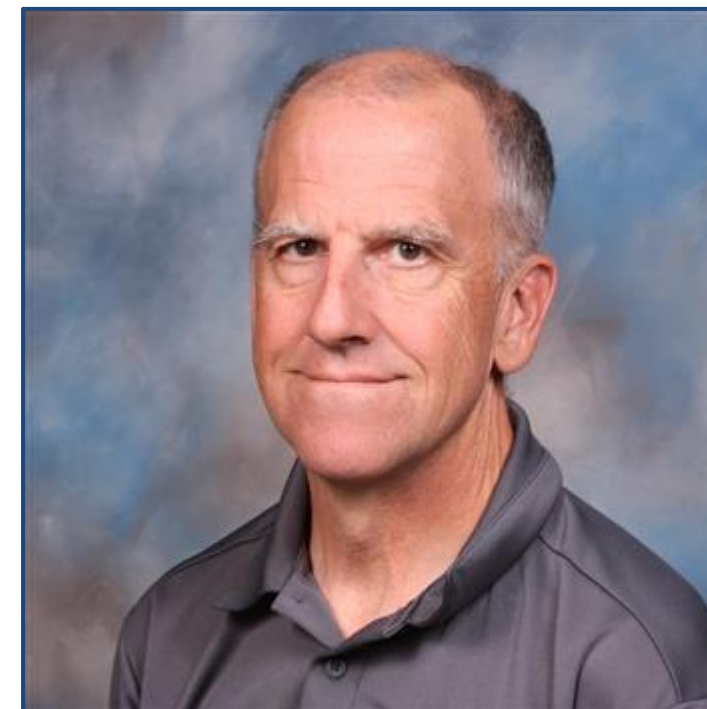
ROLE OF THE SCHOOL PSYCHOLOGIST

- 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

- 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?

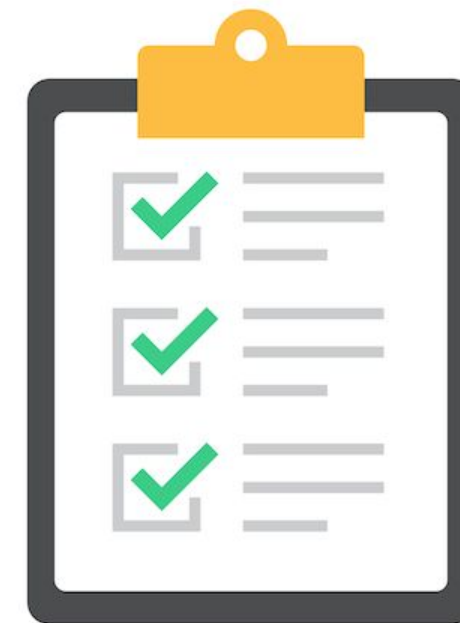
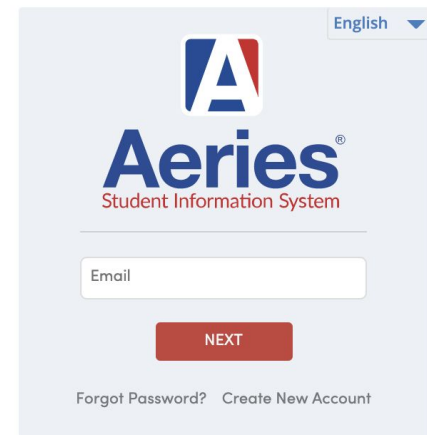
If your child is struggling with content in class(es):

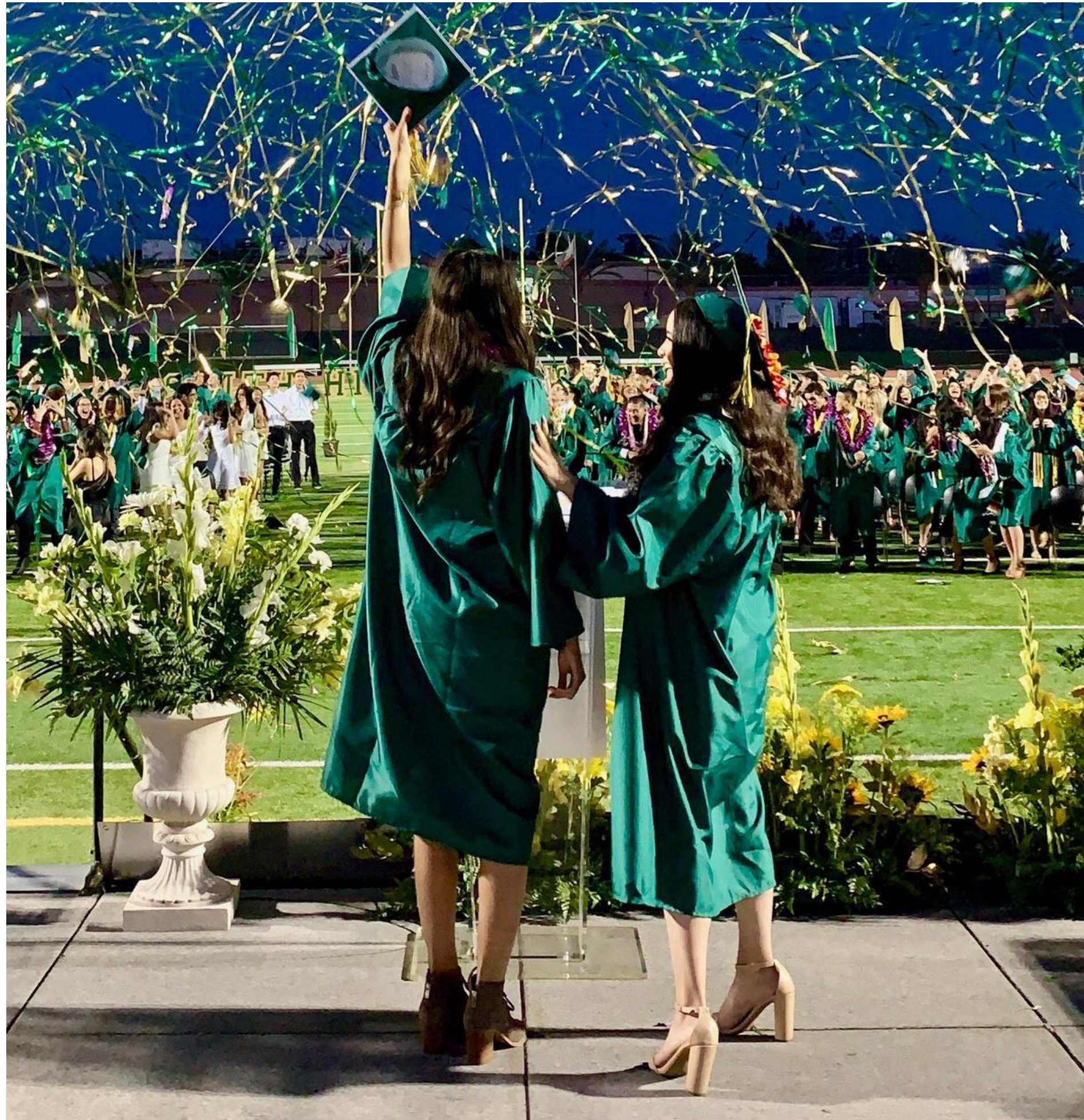
- Have a conversation with your student about it
- Reach out to teachers via email and share with them what you discussed
- Be sure to give teachers adequate time to respond via email
- If you need further assistance, reach out to your student's counselor or administrator for support

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.

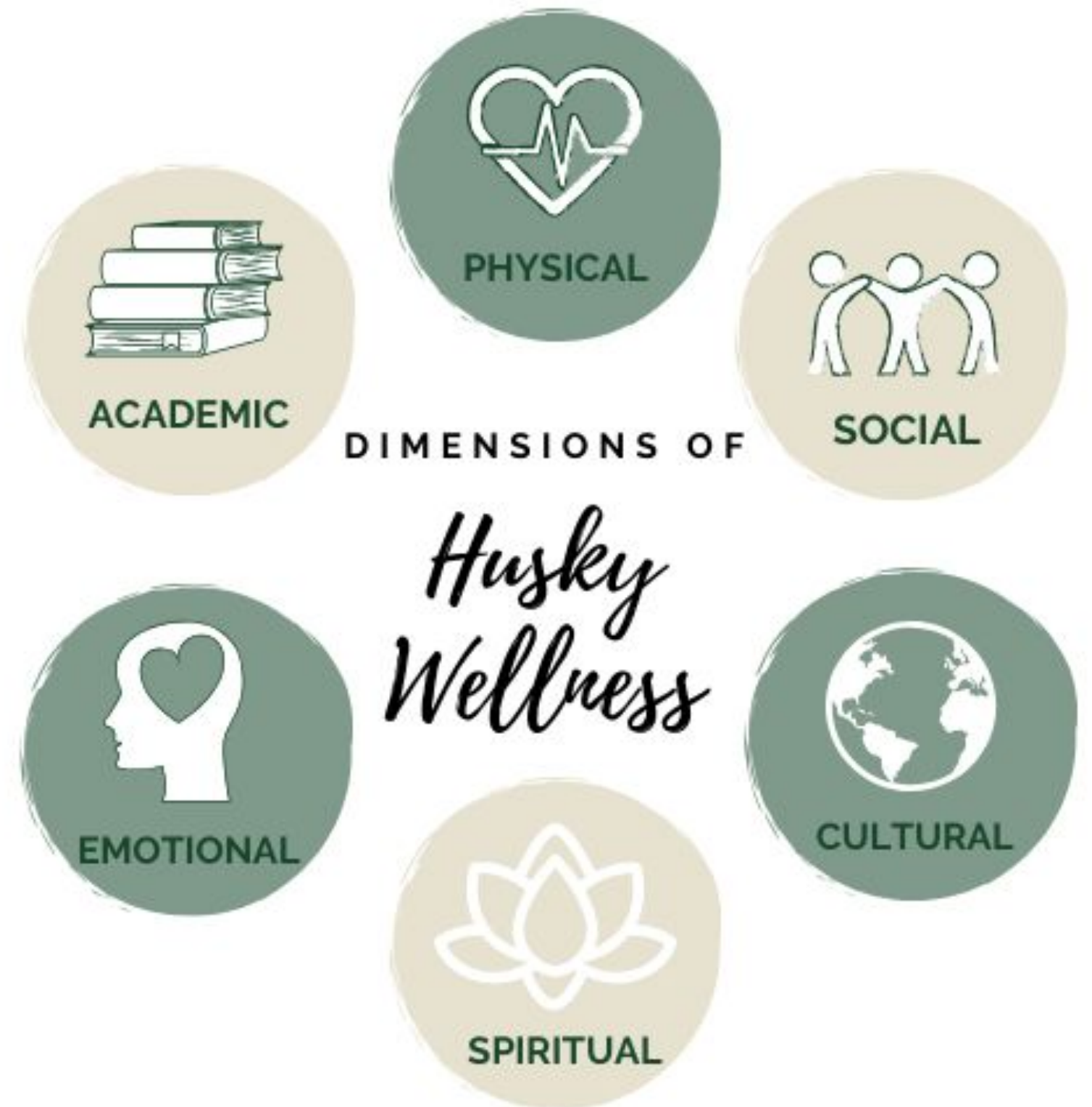


SOCIAL/ EMOTIONAL WELLNESS

- 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

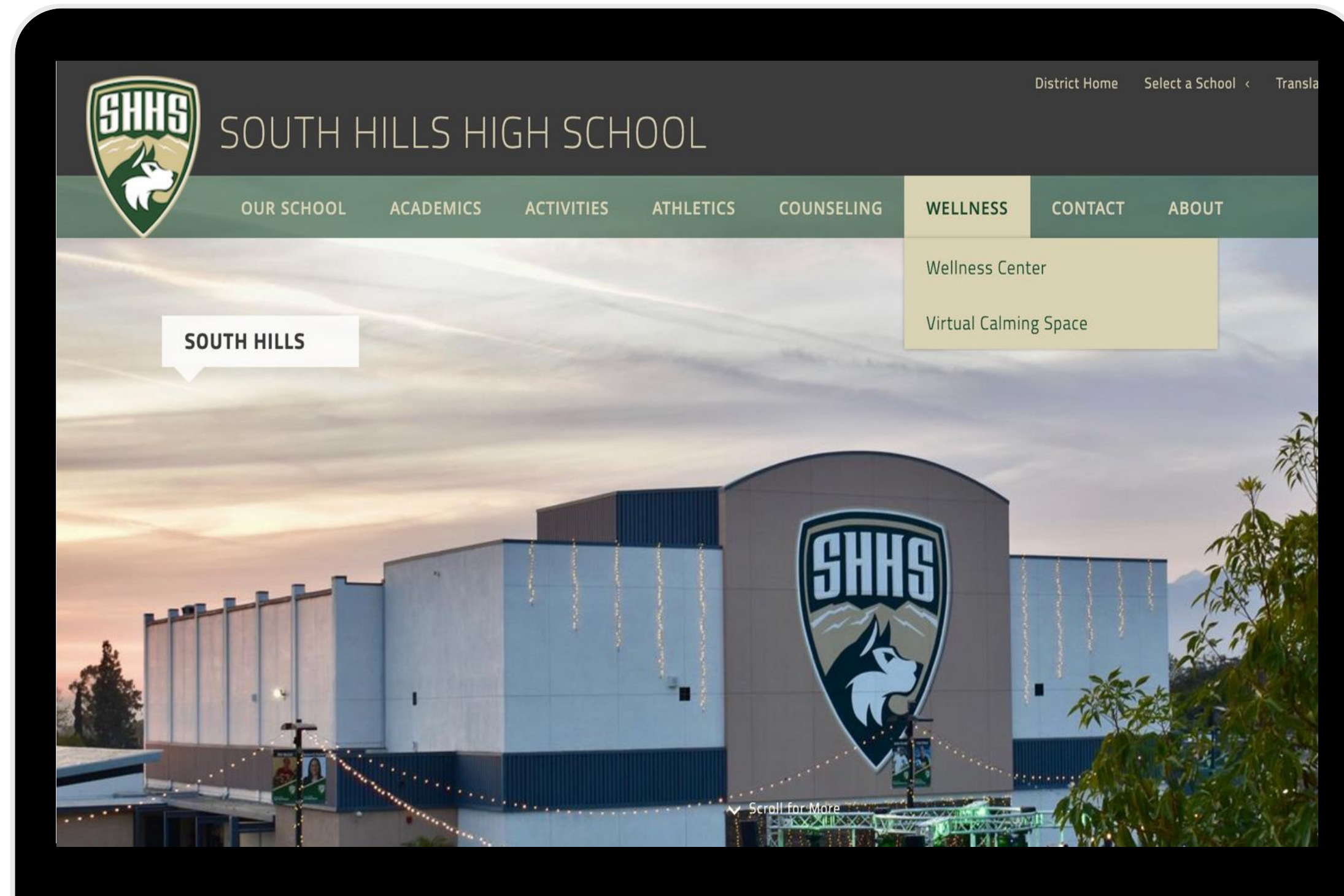
SOUTH HILLS
HIGH SCHOOL

Peer Counselors



SOUTH HILLS COUNSELING

WELLNESS CENTER WEBSITE



Home

About Husky Wellness

Wellness Center

Meet the Wellness Team

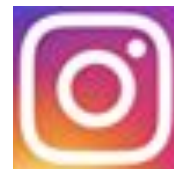
Wellness Resources by Topic

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!



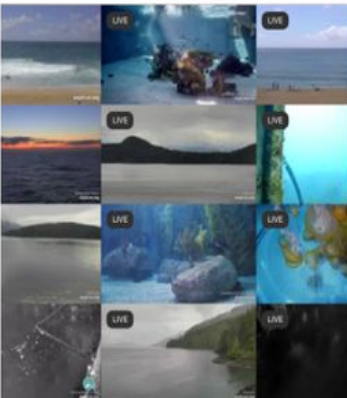
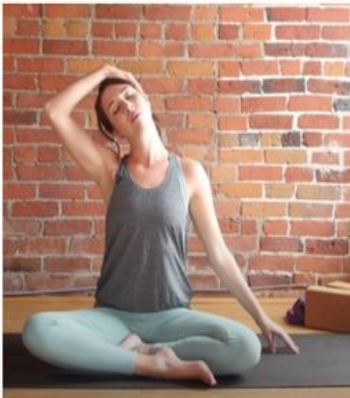
[Sounds + Music](#)



[Visual Relaxation](#)



[Guided Meditation](#)



Counseling and Wellness

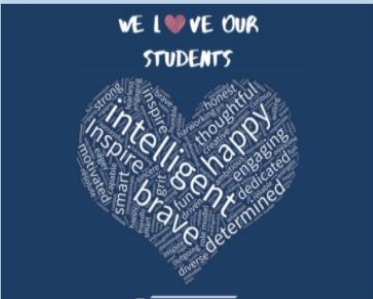
Welcome Covina-Valley Families!

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

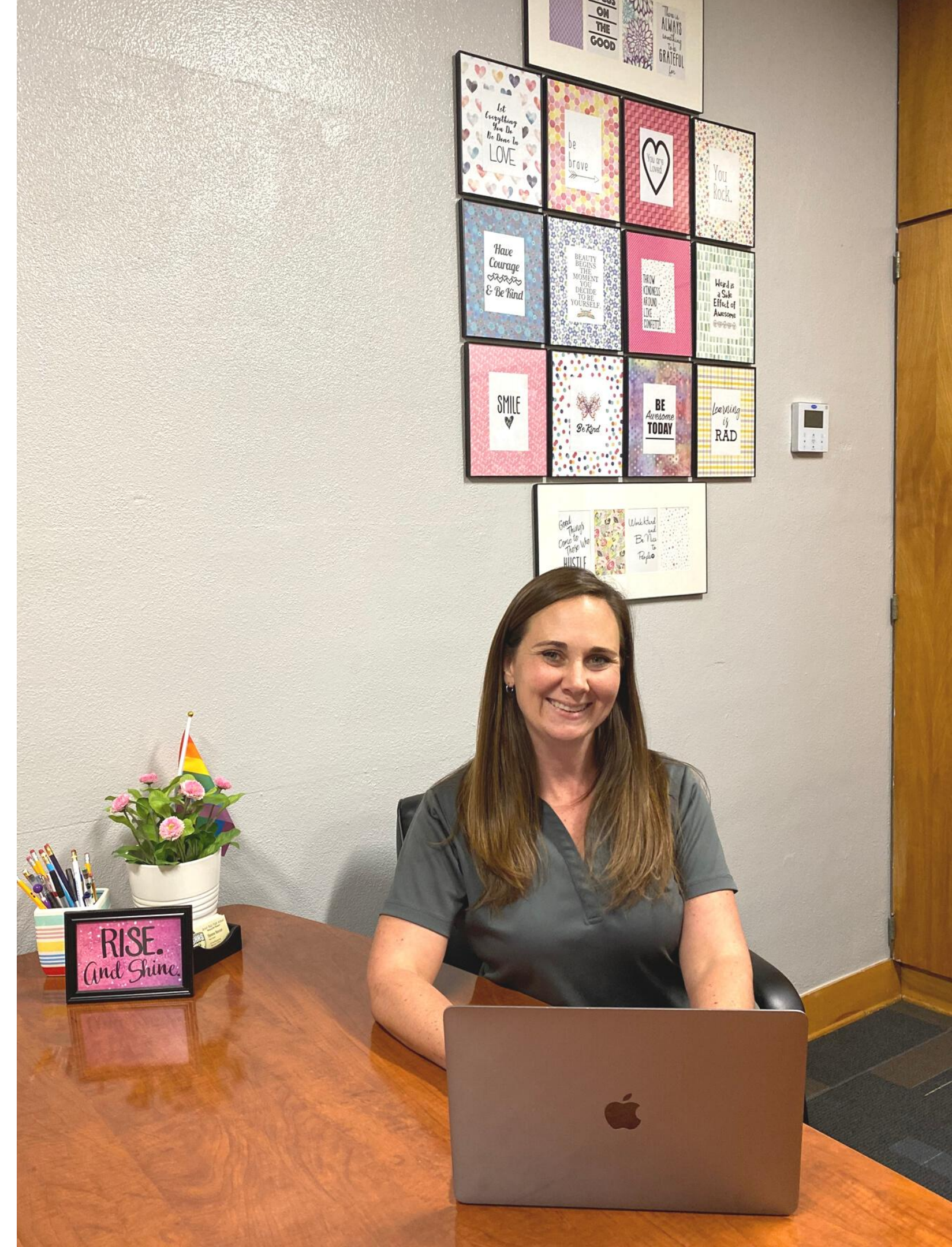
For Immediate Help

**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!!**



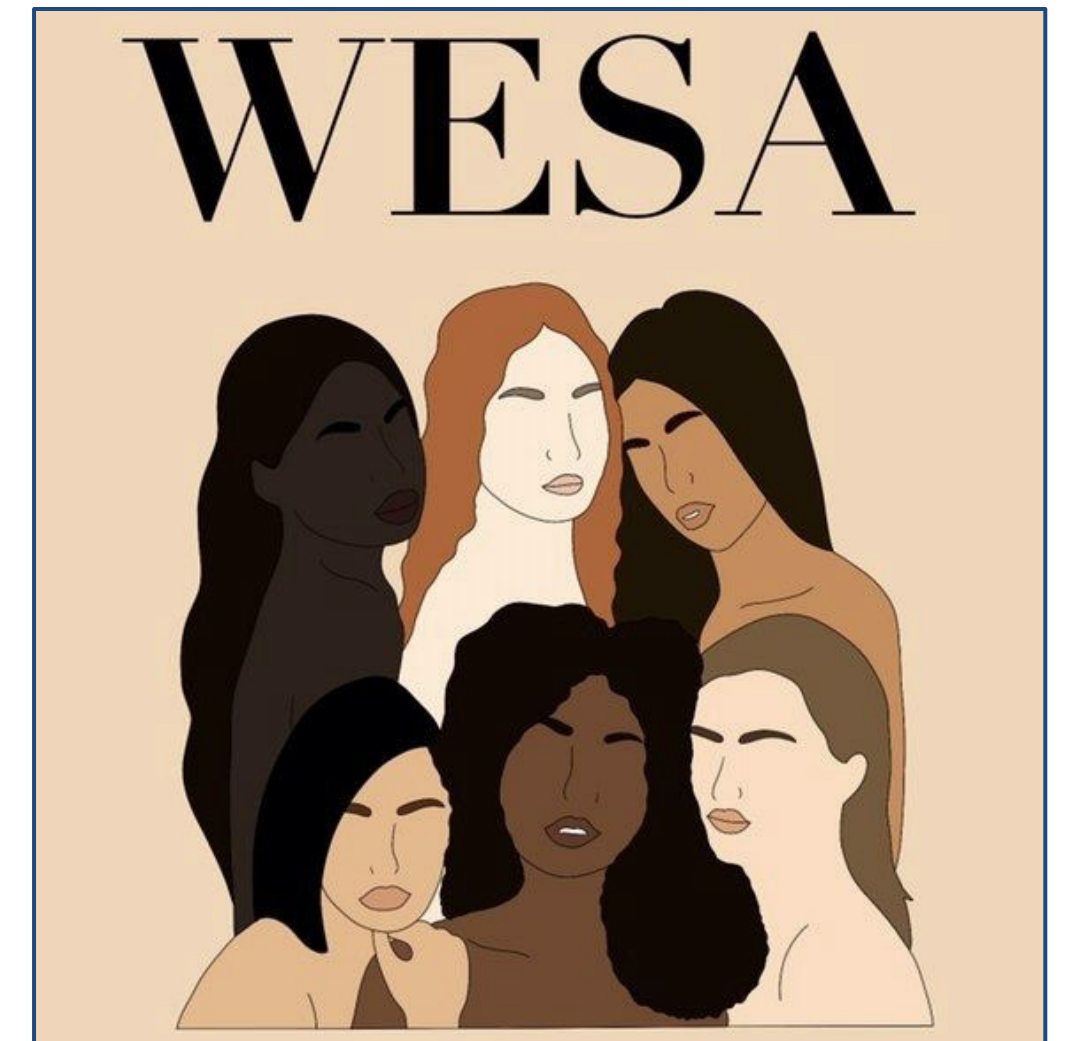




Scan this QR Code with your
smartphone camera or visit:
<https://tinyurl.com/y5n777xn>
To REGISTER!

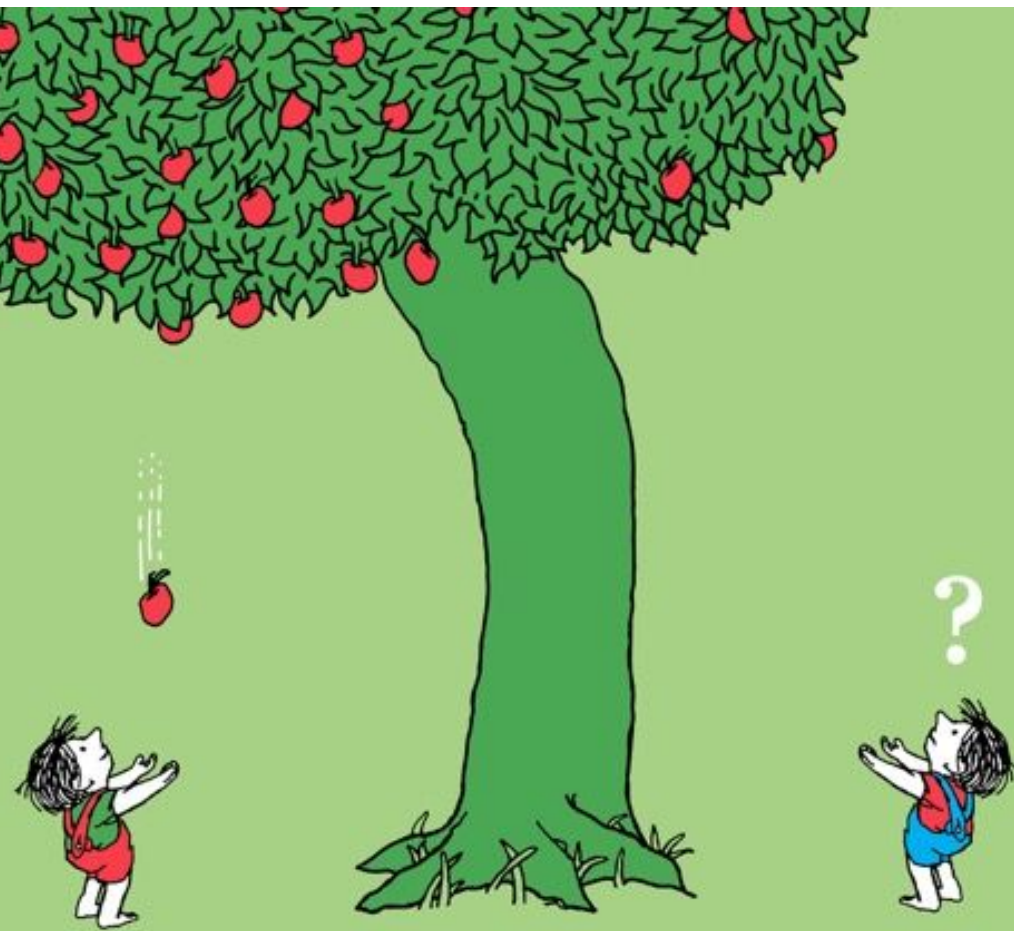
SCAN ME

FIND YOUR VOICE



Inequality

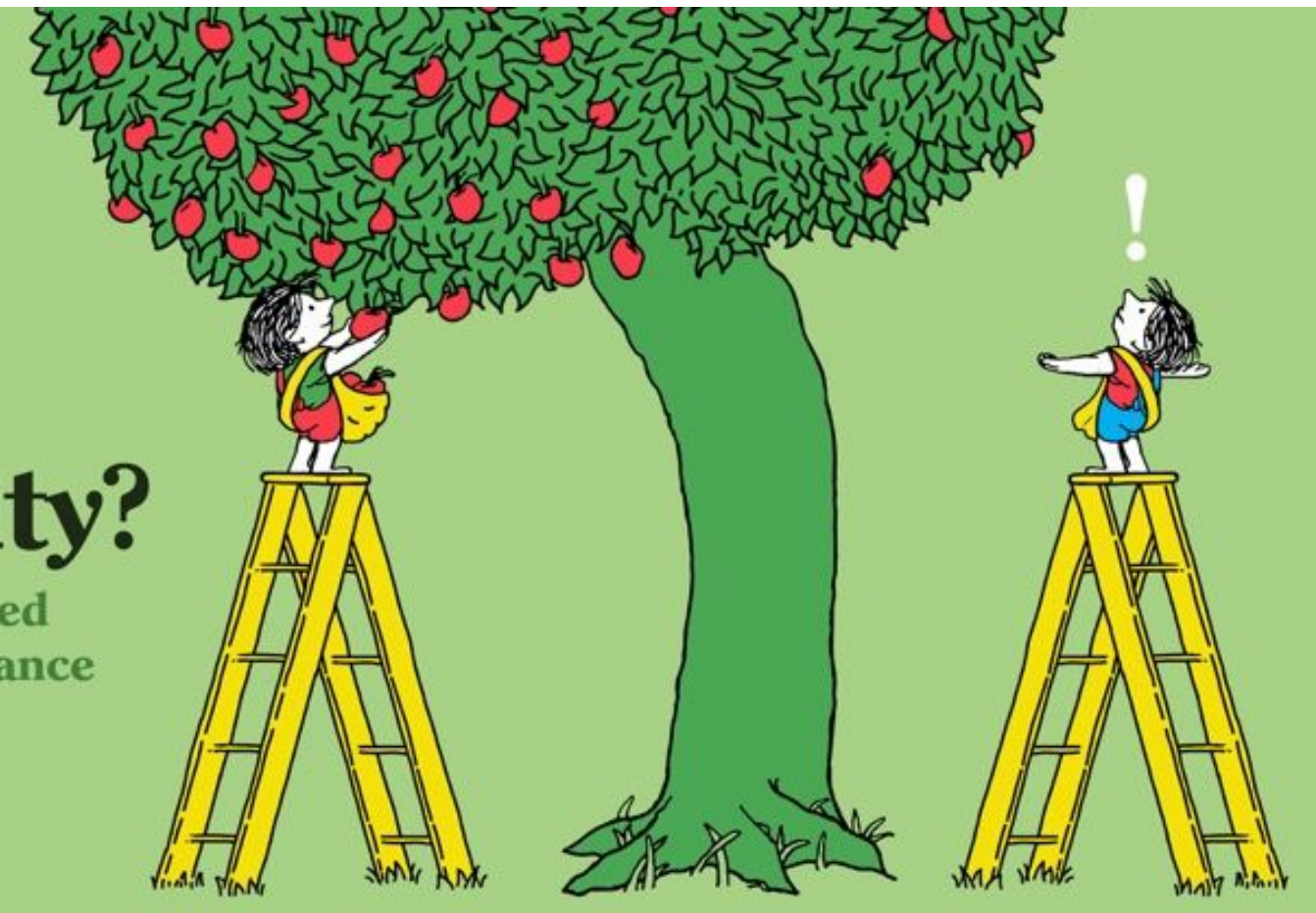
Unequal access to opportunities



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

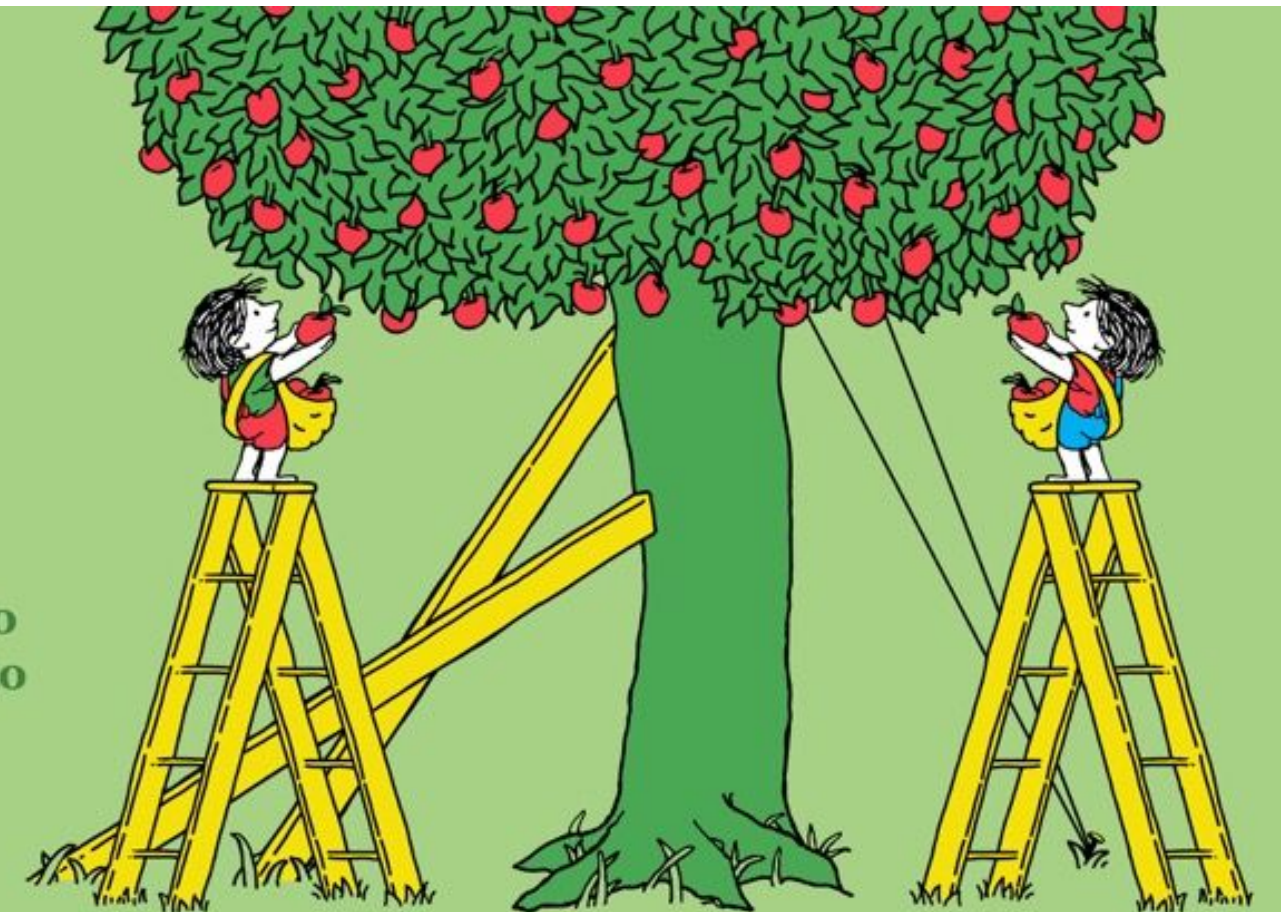
Custom tools that identify and address inequality



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

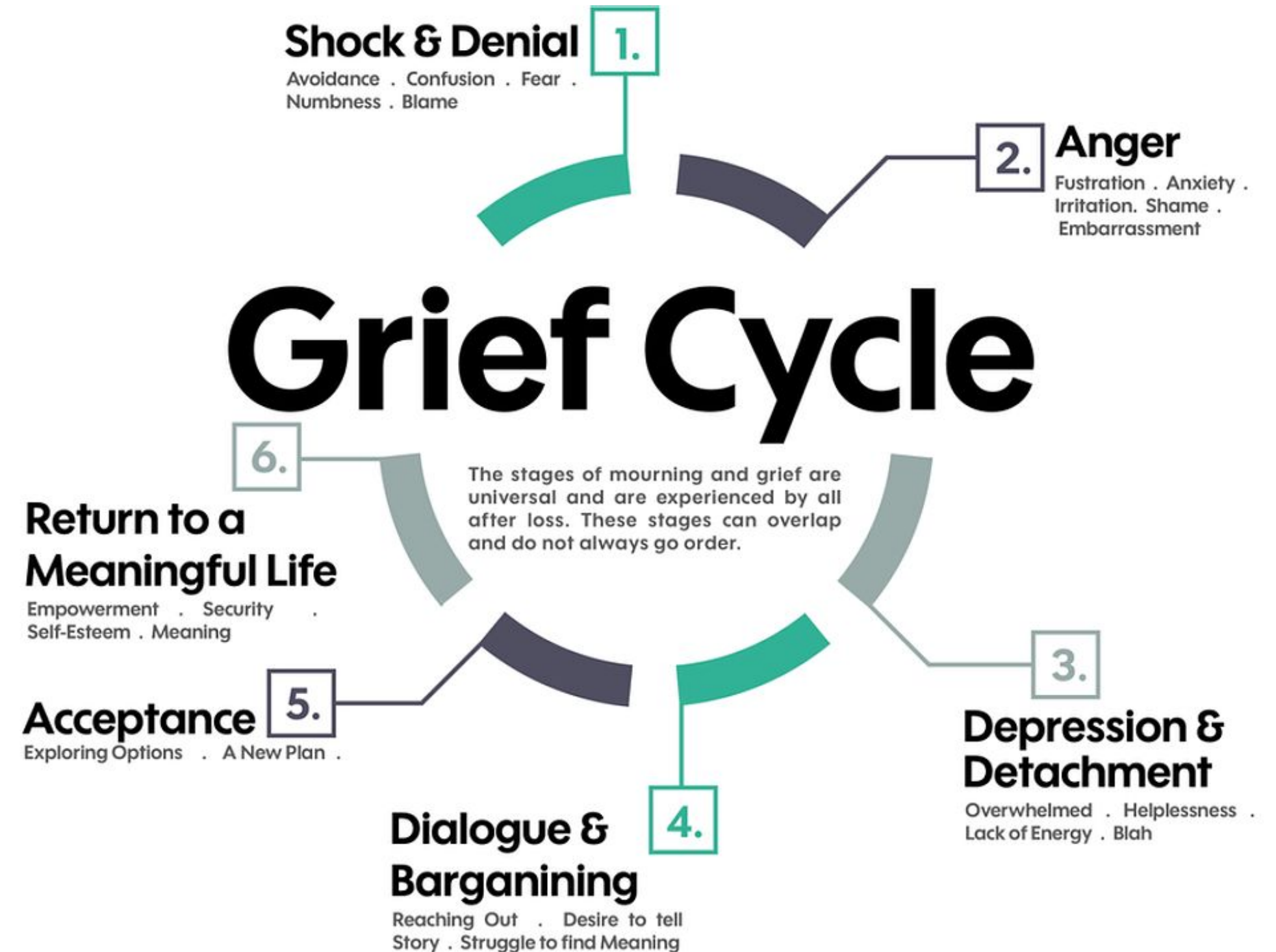
TIPS FOR TALKING TO YOUR CHILD ABOUT BIG TOPICS

- 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

- 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

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

Alexis Mele

Counselor (F-Li)

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Sasha Heflin

Counselor (Lo-Ri)

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Shawna Hansen

Lead Counselor (Ro-Z)

shansen@c-vusd.org

Cynthia Bernal

Counselor A-Z

cynthiabernal@c-vusd.org



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@svmsrocks



THANK
YOU!