

Panorama Ridge Counsellors



Ms. Peters
A - Dhal



Ms. Chic
Dham-Khan



Ms. Mumford
Khao-R



Ms. McGillivray
S-Z



Training & Professional Development

The School Counsellor's skill set includes a Bachelor's Degree, an Education Degree with Teaching Experience and a Master's degree in Counselling Psychology



The Top 4 Priorities for School Counsellors



The School counsellor will:

- Provide personal and social counselling to students
- Provide direct service to students' families
- Act as an advocate on behalf of students and their families
- Assist with Administrative tasks such as course selection and timetabling

Developing Relationships with Students and Parents



- The counsellor must nurture and maintain invaluable relationships. Trust between counsellors and parents and other staff is critical to supporting students. We work to provide students with different perspectives/points of view/problem solving.
- The counsellor often acts as an emotional resource for students, parents, and staff.
- Parents, teachers and administrators seek guidance, support and information from counsellors.

When Parents Have Concerns

1. For academic concerns related to specific subjects: contact the teacher either by e-mail or by phone. Often issues can be resolved directly with teachers.
2. For serious attendance concerns: contact the administrator and/or counsellor
3. For social/emotional concerns which can include loss, divorce, family conflict, health issues etc. : contact the counsellor



Our goal – Keeping Learners Healthy and Safe

As counsellors, we support
a student's overall health and well-being

- Social Health
- Intellectual Health
- Mental Health
- Emotional Health



Confidentiality

- Everything discussed with students is confidential with the following three exceptions:

1. The student is suicidal. We will then contact parents immediately.

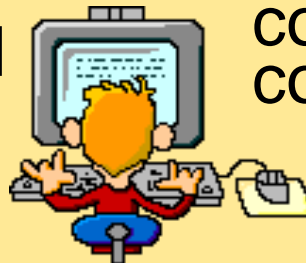
2. The student plans to hurt another or others. We then contact our Administration and Safe Schools immediately.

3. The student is being hurt by another or others either at home or in the community or in the school. We then contact Family Services and/or Parents and/or Administration and/or Safe Schools.



Appreciate the Current Context of many Student Experiences: K - 12

- Family Life Stressors; Family Discord & Divorce
- Economic Climate; Recession; Poverty
- Drug & Alcohol use / abuse by students and family members
- Increasing population and changing demographics
- New Immigrants and Refugees; Cultural and Language Challenges
- Poor Diet, Nutrition & Physical Health
- Increased use / abuse of technology & electronics
- Bullying & Cyberbullying
- Gang influences
- Lack of sleep
- Increased pressures to do well / excel
- Emerging or lacking skills in problem solving, decision making, communication and conflict resolution



Early Detection & Intervention are Crucial to Supporting and Promoting Positive Mental Health

“The incidence of mental disorders in young people is the highest of any age group. One in five youth in B.C. will experience a mental disorder serious enough to cause significant distress and impair their ability to function at home, at school and with their peers.”

“Being able to recognize symptoms and deal with them early in life increases the chances of better long-term outcomes and positive mental health across the lifespan.”

www.mindcheck.ca



The Complexity of Issues

There are often concurrent issues affecting “at risk” students -

- Mental health
 - Autism Spectrum Disorder
 - ADD / ADHD
 - Depression and Anxiety
 - Dual Diagnoses
 - Self-Harming behaviours
- Learning and school related problems
- Health problems
- Substance use / abuse
- Developmental issues
- Cultural Diversity
- Poverty
- Risk-taking behaviours
- Divorce, Separation
- Grief / Loss
- Trauma
- Family relationships
- Family hardships
- Peer and Interpersonal relationships



Tasks Performed by Secondary School Counsellors

- Supporting designated students
 - category H - severe behaviour and / or mental illness
 - category R - moderate behaviour and / or mental illness
- Writing IEP's
- Liaising with teachers, YCW and Admin., parents, and outside agencies
- Writing and Consulting on Referrals to Student Services
- Special Education and LST Collaboration
- Personal / Therapeutic & Family Counselling
- Monitoring Attendance – school refusal / absenteeism / tardiness
- Monitoring Report Card Results
- Threat Assessments, Safety Plans, Mediations, and Conflict Resolution
- Responding to Emails and Phone calls
- Attendance, Participation and Facilitation of a variety of Meetings



Additional Tasks Performed by Secondary School Counsellors

- Monitoring Graduation Rules, Requirements, Government Exams,
- Career, Post-Secondary and Academic Guidance
- Course selection, Timetabling and Scheduling
- Processing Grades from Night School, Summer School, Surrey Connect, Other provinces and countries, and Challenge Exams
- Reviewing External Credits
- Reviewing Study Strategies
- Welcoming and Registering New Students
- Liaising with Various Agencies & Supports
- Monitoring Gifted students; International students
- Commencement
- Articulation – working with Elementary Schools transitioning Grade 7's into Grade 8



Contact Information

E-mail at the address below OR call the school office at 604 595 8890

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