



Lakeside Primary School Counselor

My name is Amanda Bowman and I am the Lakeside Primary School Counselor. This will be my 15th year in education and my 10th year as an elementary school counselor. My husband is a PE/Health teacher, football and track coach at Lakeside. We have three children that also attend Lakeside and there is no place we would rather be than here! My passion as a school counselor is to help students succeed academically, socially, and emotionally. My purpose here at the school is to help you, your student, and teachers in any way that is needed. I do this through whole group, small group, and individual lessons along with meeting with parents and teachers to learn more about their student and how I can better help them. I want your student to be successful and have the tools needed to help him or her grow in character and in their educational career here at Lakeside.

Our School uses a Comprehensive Classroom Management program called *Conscious Discipline*. This program is school wide to help grow students' social emotional learning. *Conscious Discipline* empowers teachers and students with Seven Basic Skills of Discipline, a classroom environment that becomes a school family, and tools to help your student become successful in managing their own big emotions while being sensitive to others around them.

Conscious Discipline is not just for teachers. Learn how to increase connection, self-regulation and positive behavior management in your home, resulting in a happier and healthier home environment. Below are links to learn more about Conscious Discipline, what it looks like in a school environment, and how you can implement it in your home too. When school and home come together as one, we can help grow young minds into successful adults in our community. Feel free to contact me if you have any questions or concerns for your student. It is going to be a great year and I am excited to have you a part of our Ram Family!

www.ConsciousDiscipline.com
[Story - Conscious Discipline](#)

Amanda Bowman
Lakeside Primary School
School Counselor K-1
501-262-1921
amanda_bowman@lakesidesd.org



Conscious Discipline

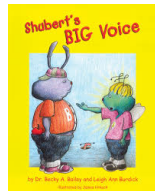
by Becky Bailey

A few of the main concepts that your child may come home and talk to you about will include:

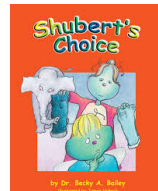
- What is a safekeeper and the job of a safekeeper
- Safe Place/Chill Zone
- Commitment
- Being helpers
- Class Jobs/Home Jobs
- Ways to calm down and maintain composure
- BIG Voice
- Wishing Well
- Ways to change a hurtful situation into a helpful interaction

Conscious Discipline Books for children:

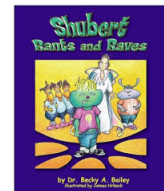
Shubert's Big Voice



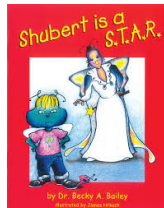
Shubert's Choices



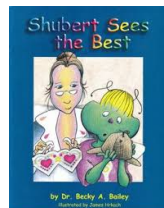
Shubert Rants and Raves



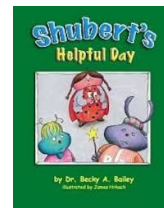
Shubert Sees the Best



Shubert's New Friend



Shubert is a S.T.A.R.



Shubert's Helpful Day

