

DME Counselor's Corner

August/September 2023

Welcome back new and returning Mighty Duck Families! My name is Mrs. Thao and I will be your child's counselor. This will be my 17th year as counselor at Dartmouth. You can probably tell how invested I am and how much I enjoy working with our school community.

DME's Comprehensive School Counseling Program

In my role as school counselor, I wear a lot of hats. Some of the things I do on campus:

- Provide biweekly counseling lessons from [RISD Elementary Guidance Curriculum 23/24](#)
- Provide individual and small counseling groups based on student needs
- Conduct minute meetings with 2nd-6th grade students
- Provide referrals to families who need outside counseling services or any other community resources, such as basic need assistance, holiday programs
- Coordinate and refer students for RISD clothes closet and Trusted World Agency
- Collaborate and support families and staff who have questions about student social, emotional development, or mental health and wellness.
- Advocacy for student needs.
- 504 and MTSS Tier 3 Referral campus coordinator
- Peer Mediators in Training Crew Sponsor for 5th and 6th graders. These students are trained to help mentor younger students and facilitate peer mediations between students who might have a conflict.
- 6th grade Junior High Transition (choice cards, graduate profile, physicals, GT classes, AVID, JH visits

Back to School - Setting Up For a Successful Year

It is very normal for students to start to have anxiety and stressors about starting school. Here are a couple of links to learn more to help your student(s):

[Positive spin on back to school](#)

[Developmental Stages: the ups and downs of growth](#)

[What to do \(Not do\) when a child is stressed/anxious](#)

Counselor Introduction:

I have been in all PreK-6th grade classes to say hello and I'm so excited to be working with your students this upcoming school year. These are our guidance topics that will I will be covering in September:

- Prek-2nd: Counselor introduction and student self-confidence
- 3rd-6th: Self-confidence and Goal setting