

School Counseling Documents

Document	Description	Link
Counseling Menu	This is an overview of the school counseling program and services available at La Ballona.	Document
Request for School Counseling Assistance Form for Families	These are the forms you can complete to request school counseling services. If you complete the paper form, please return it to the main office.	Online (English & Spanish) Paper (English) (Spanish)
Parent Informed Consent	This document needs to be signed if students receive more than 2 individual or group counseling sessions.	Paper Form Digital Form / Google Form

Resources

Document	Description	Link
Counseling Website	This website has staff, parent, and student resources.	Website
Responding to Tragedy (in the news and in our community)	This document has crisis hotlines, articles, books, and other resources that can help parents support children after a tragedy.	Document
Mental Health Resources and Hotlines List	This is a list of crisis hotlines, resources available in our community, and other mental health resources like how to create a safety plan if someone is having suicidal ideation.	Document
Suicide Prevention Presentation	This presentation reviews the risk and prospective factors of suicide. It also reviews warning signs, and what to do if someone is showing signs of suicidal ideation.	English and Spanish
Parent Education Workshops Folder	This folder includes all parent education presentations and video recordings.	Folder
Back to School Resources	This document has many tips and resources for parents and staff to help students with separation anxiety and back to school feelings.	Document
SEL Language List and Resources	This list includes the social-emotional learning language used at La Ballona Elementary School and resources.	Document

<p>SEL Training Safe Spaces: Foundations of Trauma-Informed Practice for Educational and Care Settings</p>	<p>This training is designed to help people who care for children and youth incorporate trauma-informed practices into their work.</p> <p>This training is free and there is no deadline.</p> <p>This training is offered in English and Spanish.</p>	<p>Registration Page</p>
<p>Safe Touch and Body Safety</p>	<p>This document has many resources on how parents can teach children about safe, unsafe, and unwanted touch.</p>	<p>Document</p>
<p>Supporting Children During and After the Election</p>	<p>This document has many resources on how staff and families can support children before, during, and after the elections.</p>	<p>Document</p>

Monthly Lessons, Activities, and Resources

August/September

Welcome Back, Families! 🦁

Welcome to a new school year! 📚✏️ I am excited to begin another year of learning, growth, and connection with our students and families. As your school counselor, I am here to support students not only academically, but also in their social-emotional development, self-management, mental health, relationships, and overall well-being. ❤️🧠🌱

This first newsletter is designed to help families get connected with the resources and support available throughout the school year. In this newsletter, you will find Back-to-School resources 📁, book recommendations 📖, emotional regulation lessons, self-management and mental health resources 🧠❤️, and activities celebrating Hispanic Heritage Month 🌍🎉.

I also want families to know when and how school counseling services will begin. Parent collaboration and consultation meetings are available now, and you are welcome to reach out to me to brainstorm strategies, discuss concerns, or explore ways I can support your child. 💬❤️ Classroom counseling lessons will begin in September, along with individual and group counseling services.

As we begin the year, my goal is to build strong partnerships with families and create a supportive environment where every student feels known, valued, safe, and empowered to grow. 🌱✨ I look forward to working together with you and supporting your child throughout the school year! 🦁💪

Wishing you and your family a wonderful start to the 2026-2027 school year! 🎉🏠📚🦁

Warmly,

Mrs. Ulloa-Serrano

Back to School Resources:

- 📁 Back to School Tips Resources
- [Back to School Book Playlist](#)

2026-2027 Parent Newsletter: 📁 La Ballona School Counseling Newsletter for Parents

Counseling Website: [Click here](#)

Meet the School Counselor and Zones of Regulation (Emotional Regulation) Lesson:

- 📁 Meet the School Counselor (lower grade)
- 📁 Meet the School Counselor and Emotional Regulation (3rd-5th)

Self-management Skills and Mental Health:

- 📁 Self-Management Skills and Mental Health
- 🎬 Mental Health Assembly Video.mp4

Hispanic Heritage Resources:

-  Hispanic Heritage Month Activities and Resources

When do services start?

- Parent Collaboration & Consultation Meetings (NOW): You can request to meet with us to brainstorm strategies and ideas. Email me at dianaserrano@ccusd.org to schedule an appointment.
- Classroom lessons: September
 - Lessons start on September 7, 2026
- Individual Counseling Sessions:
 - Follow-ups: First 2 weeks of school
 - New referrals: It is case by case, but most sessions will start after September 18
- Group Counseling:
 - September 21st or 28th.

Please keep in mind that:

- Not all students referred will receive school-based services. Please refer to the referral criteria on the [counseling menu](#).
- School counseling is brief and solution-focused, typically lasting 1 to 8 sessions.
- Parent permission is required for Tier 2 and 3 counseling services.

October

Welcome to October!

As we settle into the school year, October gives us a wonderful opportunity to focus on building kindness, inclusion, and confidence in our children. This month, we are highlighting three important themes: Bullying Prevention Month, Disability Awareness Month, and Problem-Solving Skills.

Throughout the month, we will encourage students to recognize and celebrate differences, treat others with empathy and respect, and develop the skills they need to work through challenges. Families can reinforce these lessons at home by talking openly about kindness, practicing inclusive language, and helping children think through problems rather than immediately solving them for them.

Tips for Parents

- Talk about kindness and inclusion: Ask your child how they can help others feel welcome and respected.
- Discuss bullying: Encourage your child to speak up if they experience or witness bullying and remind them that telling a trusted adult is not tattling.
- Celebrate differences: Help children understand that everyone has different strengths, abilities, experiences, and ways of learning.
- Practice problem-solving: When your child faces a challenge, ask, “*What could you try?*” or

"What are some possible solutions?"

- Model empathy: Children learn from watching adults. Show patience, listen carefully, and demonstrate respectful ways to handle disagreements.
- Praise effort and growth: Recognize your child when they persevere, ask for help, include others, or find a positive solution to a difficult situation.

Thank you for partnering with us to help our students grow into kind, inclusive, resilient, and confident problem-solvers. We look forward to a meaningful October together!

Parent Education:

 Emotional Regulation for Parents and Children (English and Spanish)

Spirit Day: 🌟Start with Hello Day🌟 - Wednesday, October 7, 2026

We are excited to celebrate **Start with Hello Day on Wednesday, October 7!** This special day encourages students to reach out, make connections, and help everyone feel welcomed and included at school.

Our theme this year is Community • Belonging • Kindness. Students will be invited to wear green, create a name tag, participate in community-building activities, and say hello to someone new! During lunch recess, students can also visit the green tables to join in fun activities and connect with others.

Let's make La Ballona a place where everyone feels seen, welcomed, and like they belong. 💚

Remember: A simple "Hello!" can be the beginning of a new friendship.

START WITH HELLO DAY!

WEDNESDAY, OCTOBER 7

Hello, Hola,
Konnichiwa,
Bonjour, Ciao,
Ni Hao



Hello, Hola,
Konnichiwa,
Bonjour, Ciao,
Ni Hao



★COMMUNITY★BELONGING★KINDNESS★

Wear green, make a name tag, participate in community building activities, and say hello to new friends!

Visit the green tables at lunch recess to participate!

¡DÍA DE COMIENZA CON UN HOLA!

MIÉRCOLES, 7 DE OCTUBRE

Hola, Hola,
Konnichiwa,
Bonjour, Ciao, Ni
Hao



Hola, Hola,
Konnichiwa,
Bonjour, Ciao, Ni
Hao



★COMUNIDAD★PERTENENCIA★AMABILIDAD★

¡Vístete de verde, crea una etiqueta con tu nombre, participa en actividades para fortalecer la comunidad y saluda a tus nuevos amigos!

¡Visita las mesas verdes durante el recreo para participar!

SPIRIT WEEK: October 19-23

Flyer:

- [English](#)
- [Spanish](#)

Unity Spirit Week

CULVER CITY UNIFIED DISTRICT
OCTOBER 19TH-OCTOBER 23RD, 2026

19
OCT.

FABULOUS FOOTWEAR

Let's stomp out unkindness and show empathy! Go wild and wear different shoes and socks.

20
OCT.

DISABILITY AWARENESS

Our differences makes us interesting! Wear mismatched clothes to express we are all different and should appreciate our differences!

21
OCT.

WEAR ORANGE

Celebrate National Unity Day by wearing the color orange. Show that we are all united as one!

22
OCT.

SUPERHERO DAY

Let's show power over bullying! Wear your favorite superhero shirt, outfit, or colors!

23
OCT.

INCLUDING OTHERS

Let's show that how we always include others by wearing our school colors or school shirt!

Semana de la Unidad

DISTRITO ESCOLAR UNIFICADO DE CULVER CITY, DEL 19 AL 23 DE OCTUBRE DE 2026.

19
OCT.

CALZADO FABULOSO

¡Acabemos con la crueldad y mostremos empatía! ¡Sé original y usa zapatos y calcetines diferentes!

20
OCT.

CONCIENCIACIÓN SOBRE LA DISCAPACIDAD

¡Nuestras diferencias nos hacen interesantes! ¡Usa ropa que no combine para expresar que todos somos diferentes y que debemos apreciar nuestras diferencias!

21
OCT.

VÍSTETE DE NARANJA

Celebra el Día de la Unidad Nacional vistiendo de naranja. ¡Demuestra que todos estamos unidos!

22
OCT.

DÍA DE LOS SUPERHÉROES

¡Demostremos nuestro poder contra el acoso escolar! ¡Ponte tu camiseta, atuendo o colores favoritos de superhéroe!

23
OCT.

INCLUYENDO A TODOS

¡Demostremos que siempre incluimos a los demás vistiendo los colores de nuestra escuela o la camiseta de la escuela!

Conflict Resolution, Bullying Definition, and Problem-Solving Skills Class Lesson:

Presentations:

-  TK-K Bullying and Conflict Resolution Lesson
-  Bullying Prevention and Problem Solving Skills 1st and 2nd Grade (updated)
-  Bullying Prevention and Problem Solving Skills 3rd-5th (updated)

Video Assemblies:

Bullying Prevention 2026:

- Presentation:  October: Bullying Prevention Counselor Assembly
- Video:

Problem-Solving Skills and Decision Making:

- Presentation:  Assembly: Problem Solving
- Video:  Conflict Resolution.mp4 (12 minutes)

Disability Awareness Month:

-  Disability Awareness & Inclusion
-  Unity Week/Bullying Prevention Resources
- [Disability Awareness Month Library](#)
-  Parent Education: Inclusion

Bullying Prevention:

-  Bullying Prevention Activities and Resources
-  Bullying Virtual Library

- Parent Education Presentation:
 -  Parent Education Workshop: Bullying (updated on 9/2025)
 -  Taller de Educación para Padres: Bullying (updated on 9/2025)
 -  Spanish Bullying Video Presentation for Parents

Problem Solving Resources:

-  The Size of the Problem (lower grade).pptx

November

November Counseling Newsletter

November is a wonderful opportunity to focus on building meaningful connections and strengthening our relationships! This month, students will participate in our monthly counseling lesson on Healthy Friendships and Boundaries, where they will learn how to build positive relationships, respect personal boundaries, communicate respectfully, and develop healthy friendships with their peers.

We are also excited to invite parents and families to join us on **November 6th for a Parent Education Workshop on Conflict Resolution**. Families will have the opportunity to learn practical strategies to help children navigate disagreements, solve problems peacefully, and develop healthy communication skills.

Together, we can empower our students to build strong friendships, practice kindness, and create a positive and inclusive school community. 

Resources:

Healthy Friendships and Boundaries Counseling Lesson:

-  Healthy Friendships and Boundaries Lesson (TK and Kinder)
-  Healthy Friendships and Boundaries Lesson (1st and 2nd Grade)
-  Healthy Friendships and Boundaries Lesson (3rd-5th grade)
- **Lessons from previous years:** Healthy Friendships
 -  Tk-1st Healthy Friendships
 -  2nd and 3rd grade Healthy Friendships
 -  4th and 5th grade Healthy Friendships

Additional Counseling Lesson:

-  Building Positive Relationships (26-27)
-  Building Positive Relationships

[Video](#)

Parent Education:

- 11/6  Parent Education Workshop: Conflict Resolution
-  LB Healthy Friendships Parent Education (2025-2026)
-  LB Spanish Healthy Friendships Parent Education (2025-2026)

 Tips on how parents can foster children's communication skills. -[Spanish and English](#)

Resources:

- [Gratitude Activities](#) (ideas for teachers)
- [National Native American/Indigenous Peoples Heritage Month](#)
- [Family Stories Resources/ Togetherness](#)

Virtual Libraries:

- [Indigenous Peoples Virtual Library](#)
- [Native American Virtual Library](#)
- [November/Gratitude Library](#)

December

January

February

March

April

May

June