COMPREHENSIVE SCHOOL COUNSELING PLAN GRADES K-5

OLD COUNTRY ROAD ELEMENTARY SCHOOL

Hicksville Public Schools District Plan

HICKSVILLE PUBLIC SCHOOLS
Hicksville, New York

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Elementary Schools

Students in the elementary schools will receive Tier 1 intervention. Students will receive Tier 1 SEL lessons. This program is designed to help students manage their emotions, set goals, show empathy, maintain relationships and make good decisions.

Students:

- Develop their academic self-concept and feelings of competence and confidence as learners.
- Begin to develop decision-making, communication and life skills, as well as character values.
- Develop and acquire positive attitudes toward school, self, peers, social groups and family.
- Begin to learn strategies, self management and social skills. This will help promote success for today's diverse learners.

Elementary school counselors aid in setting the foundation for developing the knowledge, attitudes and skills necessary for children to become healthy, competent and confident learners. Elementary school counselors collaborate with school staff, parents and the community to create a safe and respectful learning environment. With education, prevention, early identification and intervention, elementary school counselors help their students achieve academic success, develop an understanding of career opportunities and develop social/ emotional skills in response to issues they face. For the current 2023-2024 school year, the counselors will be presenting assemblies to all seven elementary schools. Within these assemblies, the counselors will present the current school district SEL themes, incorporating all the themes below.

ACTIVITY: Conflict Resolution

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students will be educated on bullying behaviors and the power of their words.	Schedule school visits. Prepare lessons and activities.

MANAGE

Objective
Students will learn strategies to learn conflict resolution. Students will identify the difference between bullying and mean behavior.
ASCA Standards **Domain:** Academic Development: Standard A:A1.2, AA:2.3, A:A 2.4, A:A3.1 Personal/Social Development:PS:A1.5, 1.6, 1.9, 1.11; PS:A2.1, 2.2, 2.4, 2.6, 2.8; PS:B 1.2, 1.4, 1.5,1.7 ;PS:C1.2, 1.4, 1.5, **Mindsets and Behaviors:** Mindset Standards:(1-6), Behavior Standards:LS (1,2,4,5,7,9) SMS (1,2,4,5, 7,9,10), SS (1,2,3,4,5,6,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will incorporate conflict resolution strategies into assemblies.	School counselors	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will complete activities and be able to demonstrate knowledge through a wrap-up conversation at the end or through “what if” scenario discussions. Teacher will provide feedback.	Students will learn conflict resolution strategies. Students will learn strategies to use if they are having conflicts with peers and the importance of helping other students.

ACTIVITY: Empathy

☐College/Career Planning ☐Professional Development ☐Record Keeping
☐Scheduling ☐School Achievement ☐Student Interventions
☐Transitions

DEFINE

Need	Preparation
Students need to be aware of other's feelings and sensitive to others.	Schedule school visits. Prepare lessons and activities.

MANAGE

Objective
Students will learn the definition of the word empathy. Students will give examples of how to show empathy.
ASCA Standard Domain: Academic Development: A:A1.1, A:A 3.1, 3.2,3.5 Personal/Social Development: PS:A 1.2, 1.5, 1.6, 1.7; PS:A2.1. 2.2, 2.3, 2.4, 2.6, 2.8 **Mindsets and Behaviors:** Mindset Standards: 1-6; Behavior Standards: LS (1,2,4,5,7,9,10), SMS (1,2,4,5,7,9,10), SS (1,2,3,4,5,7,9)

DELIVER

Target Grade	Time Frame	Activity Duration
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will introduce the concept of empathy.	School counselors	Google slides and online videos

ASSESS

Evaluation	Outcome
Students will be able to demonstrate knowledge through a wrap-up conversation at the end or through scenario discussions.	Students can verbalize the importance of being sensitive to each other. This will create a positive climate in the school and classroom.

ACTIVITY: Kindness

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need:	**Preparation**
Students need to understand the importance of being kind.	Schedule school visits, prepare material.

MANAGE

Objective
Students will be able to explain what it means to be kind. Students will give examples of how to be kind.
ASCA Standards **Domain:** Academic Development: Standard A:A3.1, A:A3.2, A:A3.4, A:C1.1 Personal/Social Development:PS:A1.2, 1.5, 1.9; PS:A2: 2.1, 2.2, 2.3, 2.6, 2.8 **Mindsets and Behaviors:** Mindset Standards: 1,3,5,6. Behavior Standards: LS (1.2.6), SMS (1,2,3,7,8,9,10), SS (1,2,3,4,5,7,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September -June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will present a kindness lesson. The Counselor will introduce the concept of kindness and why it is important.	School counselors	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to demonstrate knowledge through a wrap-up conversation and scenarios.	Students will understand the importance of kindness. Students will brainstorm ideas on how to spread kindness. This will create a positive school climate.

ACTIVITY: Friendship

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students need to understand how to be good friends to others.	Schedule school visits and prepare material.

MANAGE

Objective
Students will define friendship. Students will learn how to be a good friend. Students will learn how to handle peer conflict.
ASCA Standards **Domain:** Academic Development: A:A1.5, A:A3.1, 3.2, 3.5 Personal Social Development: PS:A1.5, 1.6, 1.8, 1.9, 1.10, 2.3, 2.4,2.8, PS:B:1.4, 1.5, 1.6, 1.7, 1.8; PS:C 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.9 **Mindsets and Behaviors:** Mindset Standard: (1,2,3,6) Behavior Standards: LS (1,2,4,5,6,7,9), SMS (1,2,3,6,8,9) SS (1,2,3,4,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will introduce the concept of friendship and why it is important. Students will discuss how to handle peer conflict and how to make new friends.	School Counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to demonstrate knowledge through a wrap-up conversation at the end. Teacher will provide feedback.	Students will identify ways they can be a good friend. This will create an inclusive classroom environment.

ACTIVITY: Integrity

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students need to understand the importance of making good choices.	Schedule school visits and prepare material.

MANAGE

Objective
Students will learn the importance of making good choices.
ASCA Standards **Domain:** Academic Development: A:A1.3, 2.3, 3.1; A:B1.4, 1.7 Personal/Social Development: PS:A1.1, 1.2, 1.5, 1.8, 1.9, 1.10, 1.11, PS:A2.1, 2.2, 2.3, 2.4, 2.6, 2.7, 2.8 PS:B1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.10; PS:C1.2, 1.3, 1.3, 1.5, 1.6, 1.7, 1.10, 1.11 **Mindsets and Behaviors:** Mindset Standards (1, 2, 3, 6); Behavior Standards: LS (1,2,4,5, 6,7,9), SMS (1,2,3, 6, 8, 9), SS (1,2,3,4,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will introduce the concept of integrity, making good choices and why it is important . Students will discuss how they can make good choices in school, at home and in the community.	School counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to demonstrate knowledge through “what if” scenarios. Teacher will provide feedback.	Students will identify ways they can make good choices. This will create a positive school climate.

ACTIVITY: Perseverance

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students need to understand the importance of having perseverance.	Schedule classroom visits and prepare material.

MANAGE

Objective
Students will learn the definition of perseverance. Students will learn why perseverance is important. Students will learn ways that they can have perseverance.
ASCA Standards **Domain:** Academic Development: A:A1.3, 2.3, 3.1; A:B1.4, 1.7 Personal/Social Development: PS:A1.1, 1.2, 1.5, 1.8, 1.9, 1.10, 1.11, PS:A2.1, 2.2, 2.3, 2.4, 2.6, 2.7, 2.8 PS:B1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.10; PS:C1.2, 1.3, 1.3, 1.5, 1.6, 1.7, 1.10, 1.11 **Mindsets and Behaviors:** Mindset Standards (1, 2, 3, 6); Behavior Standards: LS (1,2,4,5, 6,7,9), SMS (1,2,3, 6, 8, 9), SS (1,2,3,4,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will present a perseverance lesson. The Counselors will introduce the concept of perseverance and why it is important. Students will discuss how they can show perseverance in school and at home.	School counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will willbe able to demonstrate knowledge through discussing ways to not give up and what to do when things get hard. Teacher will provide feedback.	Students will identify ways they can show perseverance. Students will understand the connection between goal setting and perseverance.

ACTIVITY: Managing Emotions

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students need to recognize and identify their emotions.	Schedule school visits and prepare material.

MANAGE

Objective
Students will understand the importance of recognizing and identifying their own emotions. Students will recognize how others are feeling.
ASCA Standards **Domain:** Academic Development: A:A1.4, 2.4 Personal/ Social Development: PS:A1.1, 1.5, 1.10; PS:A 2.7; PS:C1.10, 1.11 **Mindsets and Behaviors:** Mindset Standard: (1, 2,3,6); Behavior Standard: LS (4,6,9), SMS (1,2,7,9,10), SS (1-9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September-June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will present an emotions lesson. The Counselors will introduce the concept of emotions. Various emotions will be reviewed. Students will be asked to think of a time that they felt that emotion. The counselor will review calming techniques.	School Counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to demonstrate knowledge through a wrap-up conversation at the end. Teacher will provide feedback.	Students will understand the importance of recognizing and identifying their emotions. Students will gain knowledge of how to use calming techniques if upset, worried or angry.

ACTIVITY: Goal Setting/Career Exploration

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
Students need to learn the importance of setting goals.	Schedule school visits and prepare material.

MANAGE

Objective
Students will define what a goal is. Students will identify one goal that they have set for themselves.
ASCA Standards **Domain:** Academic Development: Standard A:A1.1, 1.2, 1.3; A:A3.1, 3.3, 3.4, A:B1.1, 1.7; A:B2.4, 2.6, A:C1.4, 1.5, 1.6 Personal/Social Development: PS:A1.1, 1.2, 1.3, 1.5, 1.10; PS:B1.9, 1.10, 1.11, 1.12 **Mindsets and Behaviors:** Mindset Standards (1,2,4,5,6), Behavior Standards: LS (1,2,3,4,6,7,10), SMS (1,4,5,), SS (1,3,8,9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September - June	30 minutes
Procedure	**Staff**	**Resources**
The Counselors will present a goal setting lesson. The Counselor will introduce the concept of setting goals and why it is important. Students will create their own goals and discuss the process of attaining their goals. This will help create a foundation for career exploration and planning.	School Counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will show they understand knowledge by giving examples of what is a goal they can set. Teacher will provide feedback.	Students will understand the importance of setting goals and working hard to achieve them.

ACTIVITY: Stress Management

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**

☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DEFINE

Need	**Preparation**
At times, students will experience anxiety/stress.	Schedule school visits and prepared material.

MANAGE

Objective
Students will learn to identify feelings of worry/anxiety and develop strategies to cope with or manage these feelings.
ASCA Standards **Domain:** Personal/ Social Development: Standard A, Standard B, Standard C **Mindsets and Behaviors:** Mindset Standards: (1-6); Behavior Standards: LS (1,2,4,6,7,9), SMS (1,2,4-10), SS (1-9)

DELIVER

Target Grade	**Time Frame**	**Activity Duration**
PK-5	September- June	30 minutes each session
Procedure	**Staff**	**Resources**
Students will identify the situations/factors that cause them to worry, understand what worry/anxiety is, identify the signals in their body that they are feeling worried, develop and practice methods of stress relief such as relaxations, communication and positive self-talk.	School counselors	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to identify strategies they can use when they experience anxiety producing situations.	Students will understand what worry/anxiety is. Students will gain knowledge of various calming techniques.

ACTIVITY: Mindfulness

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐**School Achievement** ☐**Student Interventions**
☐**Transitions**

DELIVER

Need	**Preparation**
Students need to listen to what they are hearing in order to maximize learning and to manage stress related to school work.	Schedule school visits and prepare lessons.

DEFINE

Objective
Students will learn mindfulness strategies related to both listening and managing stress.
ASCA Standards **Domain:** Academic Development: A:A2.4, A:B2.8; Personal/Social Development: PS:B1.3, PS:B1.4, PS:B1.8, PS:B1.10 **Mindsets and Behaviors:** Mindset Standards: (1-6), Behavior Standards: LS (2,4,7), SMS (2,5,6,7), SS (4,9)

MANAGE

Target Grade	**Time Frame**	**Activity Duration**
PK-5	Sept.-June	30 minutes
Procedure	**Staff**	**Resources**
The students will be introduced to and practice mindful breathing, body relaxation and listening strategies such as listening for sounds that are close by, in the distance, and within themselves.	School Counselors	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Student and teacher feedback.	Students will develop self-awareness and practice listening and relaxation techniques so that they are more focused on learning activities taking place in the classroom.

ACTIVITY: Transition

☐**College/Career Planning** ☐**Professional Development** ☐**Record Keeping**
☐**Scheduling** ☐ **School Achievement** ☐**Student Interventions**
☐**Transitions**

DELIVERY

Need	**Preparation**
Students must be able to practice reflection skills. Students are able to understand and cope with changes through process and reflection.	Schedule school visits and prepared material.

DEFINE

Objective
Students will learn to identify feelings of changes and develop strategies to cope with or manage these feelings.
ASCA Standards **Domain:** Academic Development: Standard A, Standard B, Standard C; Career Development: Standard A, C:A1.6 **Mindsets and Behaviors:** Mindset Standards (1-6); Behavior Standards: LS (1-10), SMS (1-10), SS (1-3,8-9)

MANAGE

Target Grade	**Time Frame**	**Activity Duration**
PK-5	May-June	30 minutes
Procedure	**Staff**	**Resources**
Students will discuss what changes are and will be able to process the school year. Students will be able to work on practicing reflection and how to prepare for the future.	School counselor	Google slides and online videos

ASSESS

Evaluation	**Outcome**
Students will be able to show understanding and knowledge through conversations about the ending of the school year and goals for the summer and teacher feedback.	Students will be able to understand and identify their emotions.