

Programs/Presentations provided by the elementary counselors (District-wide)

SAPP (Safety Awareness & Prevention Program)- 3rd Grade

➤ Program covers:

1. Personal Safety
 - internet
 - walking/bicycle
 - fire
 - lost/kidnapping/strangers
 - gun
2. Touching Safety
 - good vs. bad touches
 - good vs. bad secrets
 - who to tell if there's a problem
 - support systems (family, school & community)
3. Assertiveness
 - verbal vs. nonverbal
 - bullying

- ◆ Each counselor takes a lesson and presents to all the 3rd grade classes in the district (including ICS). We conduct a pre- & posttest to assess the skills gained through this program. In the past two years, there has been a significant increase from pre- to posttest.

P.A.L.S. (Promoting Awesome Life Skills)- 4th grade

➤ Program covers:

- Self-Esteem
- Decision Making
- Tobacco & Marijuana
- Alcohol & Advertising
- Stress
- Communication Skills
- Social Skills
- Assertiveness

- ❖ Each counselor presents these lessons in their own buildings. Students are assigned weekly reinforcement activities.

Bullying Program- 5th grade

- Program covers:
 1. What is bullying?
 - Recognizing the difference between bullying and conflict
 2. How to handle bullies
 - Reporting and refusing skills
 3. Bystanders
 - Students role in making our school bully-free
- ◆ Each counselor takes a lesson and presents to all the 5th grade classes in the district (including ICS). Pre/posttests are administered to assess the skills gained through this program.

Lifeskills- 5th grade in conjunction with the Sandusky County Health Dept.

- Program covers:
 - Self-Esteem
 - Decision-Making
 - Smoking Information
 - Advertising
 - Dealing with Stress
 - Communication
 - Social Skills
 - Assertiveness
- ◆ Health Department employees present weekly lessons in the 5th grade classrooms, district-wide (including ICS). The counselors are responsible for making sure the program runs smoothly and observing the lessons.

Lifeskills- 6th grade in conjunction with the Sandusky County Health Dept.

- Program covers:
 - Self-Image and Self-Improvement
 - Making Decisions
 - Smoking: Myths & Realities and Biofeedback
 - Alcohol: Myths & Realities
 - Marijuana: Myths & Realities

- Advertising
 - Violence and the Media
 - Coping with Anxiety
 - Coping with Anger
 - Communication Skills
 - Social Skills
 - Assertiveness
 - Resolving Conflicts
- ◆ Health Department employees present weekly lessons in the 6th grade classrooms, district-wide (including ICS). The counselors are responsible for making sure the program runs smoothly and observing the lessons.

Transition Day- 6th grade

- 1 day at the Jr. High to help upcoming 7th grade students feel more comfortable with the Jr. High and to answer questions/ease fears and anxieties.
 - Sessions have included:
 - Orientation to the Jr. High School- building tour, library orientation
 - Goal setting
 - Schedule information and other transition issues
 - Teacher introduction and expectations
 - Social skills/conflict resolution
 - Groups and organizations at the Jr. High
 - Peer pressure
 - Career planning
- ◆ Counselors begin meeting in early February to plan the day. Each classroom teacher divides his/her class into 8 groups. The teachers each take a group and lead them to the various sessions throughout the day. Each year we evaluate the program and re-develop the sessions to accommodate students' needs. Some of the counselors actually lead sessions while others follow groups and make sure everything runs smoothly.

Red Ribbon Week- district-wide

- 1 week to plan and focus on activities that promote a drug-free & healthy lifestyle.

- ◆ Counselors are invited to meet and plan with a core group in Sandusky County so that each school is doing the same activities countywide. The initial planning takes place in late April for the upcoming school year. Meetings are then held monthly to update, plan and report progress. A follow-up meeting takes place in November to assess the week's activities and make suggestions/improvements for the following year.
- ◆ Each building counselor (K-12) communicates plans and implements activities in his/her building. Activities change yearly, but always focus on a drug-free and healthy lifestyle.

8th Grade Transition Day

- 10 sessions that are 20 minutes each. The sessions are:
 - Athletics
 - Band/choir
 - EHOVE
 - Career Clusters
 - Building Tour
 - Library Orientation
 - Course Descriptions
 - Student Panel
 - Integrated Technology Tour
 - Clubs/Organizations Presentation in Gym
- ◆ The students eat lunch in the cafeteria with 9th, 11th, and 12th graders. The purpose of the day is to welcome next year's incoming freshmen and make them aware of policy and procedures as well as what is available to them at BSHS, and to get rid of some of the jitters 8th graders have going into 9th grade.