**Herrick Middle School**

Support Staff

**Goal:** We strive to build a positive relationship with each and every student in order to meet the middle school students’ unique social emotional, behavioral and developmental needs.

**Illinois SEL (social emotional learning) standards:**

 1A = Identify and manage one’s emotions and behavior.
 1B = Recognize personal qualities and external supports.
 1C = Demonstrate skills related to achieving personal and academic goals.
 2A = Recognize feelings and perspective of others.
 2B = Recognize individual and group similarities and differences.
 2C = Use communication and social skills to interact effectively with others.
 2D = Demonstrate an ability to prevent, manage and resolve interpersonal conflicts in constructive ways.
 3A = Consider ethical, safety, and societal factors in making decisions.
 3B = Apply decision-making skills to deal responsibly with daily academic and social situations.
 3C = Contribute to the well being of one’s school and community.

**How we achieve the goal:**

**1. Individual Student Check-ins**: Every single student at Herrick meets with a counselor or social worker throughout the school year. In these counseling sessions, we focus on the individual needs of the students which include the following:

- Academic Goal Setting - creating a plan for improvement (1C)
 - Encouraging students to find their strengths - self esteem building (1B)
 - Problem Solving and decision making (3A, 3B)
 - Conflict Resolution (2A, 2B, 3B)
 - Building Emotional Tolerance (1A)
 - Dealing with Teasing and Bullying (2A, 2B, 2D)
 - Ways to Get Involved (1B,3C)
 - Coping Strategies (1A, 1B, 2D)
 - Making Friends (2B, 2C)
 - Social Skills - positive peer relations (2B, 2C, 3C)
 - Transition to Middle School and Preparation for High School (1B, 1C, 3B)
 - New Student Orientation (1A, 1C)

**2. Small Group Social Work and Guidance Counseling**: Based on identified students’ needs, we facilitate small groups with topics including, but not limited to:

 - Social Skills (2B, 2C, 3C)
 - Self Esteem/Confidence (1B)
 - Self Control (1A)
 - Problem Solving (3A, 3B)
 - Anger Mangagement (1A, 2C)
 - Academic Improvement (organization, time management, study skills, academic attitude) (1C,3B)
 - Divorce (1B, 2A)
 - Attendance (1C, 3B)
 - Grief ( 1B)
 - Coping Strategies/Relaxation (1A, 1B, 2D)

**3. Classroom Presentations or Group Guidance**

6th Transition Presentation - Counseling staff introduces themselves and presents “All About Herrick” to each feeder school. We discuss the transition, the academics, and the unique opportunities at Herrick. (1C, 3C)

 Introduce Support Services - Discuss services we provide, and how to access the support staff. Each student will complete a needs assessment survey. (1B)

 HAHASO (Help, Assert, Humor, Avoid, Self-Talk, Own it) - This presentation deals with six strategies for dealing with teasing and bullying. (2D)

 The Legacy of Herrick - Positive Impact on Other Students. This presentation addresses the history of Herrick and how every student is a part of the community and can contribute to the continued success of their school and classmates. (3A, 3C)

 Differences Presentaion - The purpose of this presentation was to increase understanding and acceptance of student’s with special needs. These are some topics that were discussed by presentors: In-house SASED Program, Cerebral Palsy, Epilepsy, Autism, and Hearing Impairments. (3A, 3C, 2B)

 Calm Classroom Strategies - The purpose of this 5-10 minute presentation is to increase focus, relaxation response, mindfulness, and academic attention in the classroom setting. (1A, 3C)

 Career Exploration - Web-based Career Cruising allows students to research career options for their future. (1B, 1C)

 \* Other presentations based on the needs of the students and staff

**4. Crisis Intervention - (1A, 3A)**

Suicide Screening
Department of Children and Family Services Cases
Outplaced Students
Self-Injury
Family Crisis Situations
Student Runaway
Physical Altercations
Internet issues/Cyberbullying/Harassment

**If you have any questions regarding the support services available at Herrick Middle School or any topics listed on this document, please contact:**

Julie Ekman Steve Gross Julie Quinlan
Social Worker Boys Counselor Girls Counselor
jekman@dg58.org sgross@dg58.org jquinlan@dg58.org
(Department Head of Support Services)