



## OUR BELIEFS

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- ✿ The school counselors will advocate for the entire community of learners.
  - ✿ The dignity, culture, and social/emotional needs of every student is to be respected and valued.
  - ✿ Our schools provide a positive environment where mutual respect and individual responsibility are practiced.
  - ✿ All students, regardless of their diverse learning abilities, can learn and achieve to their maximum potentials.
  - ✿ All students can achieve and deserve equitable access to resources and a rich curriculum.
  - ✿ The school counselors will collaborate with families, staff, and community resources to address student developmental needs, primary prevention, and continuous student achievement.
  - ✿ The school counselors adhere to the ASCA Ethical Standards for School Counselors.
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### CONTACT US!

To reach your grade level counselor you may contact:

**Mrs. Judy Spino**  
**Admin. Assistant Guidance**  
**Jspino@wtschools.org**  
**908-876-3434 x2317**

*Visit the Guidance Website!*

# Long Valley Middle School

## School Counseling Program



**P.A.W.S**

***Positive Attitudes Will Succeed***

## OUR VISION

*The Long Valley Middle School Counseling Program promotes a positive school climate and supports student success through a developmental, child-centered approach.*



## OUR MISSION

*Our mission as school counselors is to provide a comprehensive guidance program that will assist all students in acquiring the skills, knowledge and attitudes needed to be successful students, responsible and productive citizens, and become lifelong learners. The program provides an atmosphere in which the dignity, culture, and social/emotional needs of every student are valued and one in which mutual respect and individuality are practiced.*

## WHAT ARE SOME THINGS THE COUNSELOR HELPS WITH?

- ✿ Self esteem
- ✿ Goal setting
- ✿ Academic progress
- ✿ Problem Solving
- ✿ Decision-making skills
- ✿ Communication
- ✿ Conflict resolution
- ✿ Crisis management
- ✿ Character Education
- ✿ Peer relationships
- ✿ Parent meetings
- ✿ Transition/ transfer programs
- ✿ Private school applications
- ✿ Provides outside resources
- ✿ Parent/teacher articulation

## HOW CAN I MEET WITH A COUNSELOR?

- ✿ Parents- you can call or email us to arrange an appointment for you or your child.
- ✿ Students- you can come down during homeroom or support time or just fill out the appointment sheet outside our doors.

## SUGGESTED READING



*How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Year*, Julie Ross

*Children the Challenge*, Rudolf Dreikurs, M.D.

*Positive Discipline*, Jane Nelson, Ed.D.

*How to Talk So Kids Can Learn*, Adele Faber & Elaine Mazlish

*How to Stop the Battle With Your Teenager*, Don Fleming, Ph.D.

*You're Grounded Till You're Thirty*, Judi Craig, Ph.D.

*Siblings Without Rivalry*, Adele Faber & Elaine Mazlish

*Girl Wars*, Cheryl Dellasega, Ph.D.

*Odd Girl Out*, Rachael Simmons

*Queen Bees Wannabes*, Rosalind Wiseman

*Reviving Ophelia*, Mary Pipher, Ph.D.

*How to Help Your Child With Homework*, Radencich & Schumm

*The Organized Student*, Donna Goldberg

*Peer Pressure Reversal*, Sharon Scott

*52 Ways to Help Your Kids Deal With Fear*, Jan Dargatz

*Fighting Invisible Tigers*, Earl Hippi

*The 7 Habits of Highly Effective Teens*, Sean Covey

*Life Strategies for Teens*, Jay McGraw