



Saint Theresa Catholic School

21370 St. Theresa Lane, Ashburn, VA 20147

Elementary School Counseling Newsletter

SY 2024-2025

WELCOME!

I am Mrs. Elagio, and I am pleased to introduce myself as the K-5th grade school counselor for the 2024-2025 academic year. This year marks my third year at Saint Theresa Catholic School, and I am excited to take on the role of Elementary School Counselor. Previously, I served as the Middle School Counselor at STCS for two years. Prior to joining Saint Theresa, I worked as an Elementary School Counselor in Guam, USA. In July 2022, my family and I relocated to Virginia, a decision influenced by the challenges posed by the pandemic. I look forward to supporting our students and contributing to their success this year.

School Counseling Services:

My counseling services for elementary students focus on their emotional and social needs. I know that each child is unique, and I support them with different approaches. My services are divided into two main categories: Direct Services and Indirect Services.

- Direct Services involve personal interactions with students, creating a safe space for meaningful conversations and learning. Here's what I offer:

1. Classroom Visits/Lessons: I bring fun lessons to the classroom, focusing on social-emotional learning. These sessions help students build important coping skills while enjoying themselves.

2. Counseling: Individual and Group Sessions: I offer one-on-one counseling where students can talk about their feelings and concerns. In group sessions, students can connect and learn from each other as they tackle challenges together.

3. Check-ins: I conduct check-ins to connect with students. These check-ins help me monitor their well-being and provide immediate support when needed.

- Indirect Services aim to build a strong support network outside of counseling. This includes working with teachers, parents, and guardians to consider all parts of a child's life. Here's how I do it:

1. Consultation: I work with educators and parents, sharing advice and strategies to boost a child's development and well-being.

2. Collaboration: I believe in teamwork. By partnering with others, I ensure everyone involved in a child's life is informed and working together to support the child's success.

3. Referrals: If a child needs more help, I connect families with outside resources and specialized services tailored to their needs.

This approach helps me nurture each child's environment, supporting their growth and emotional well-being. I'm committed to being there for your child every step of the way.

Contact Information:

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My Role :

As an elementary counselor my focus is to assist the students and deliver counseling programs that align to the virtues of the week classroom lessons and the school mission statement:

"Guided by the teachings of Christ, Saint Theresa Catholic School is dedicated to Educating Tomorrow's Catholic Leaders. We partner with families in the spiritual, intellectual, social, and physical development of every child."

- ⇒ Help students in managing their emotion when faced with tough situations.
- ⇒ Teach students how to build and maintain good relationships.
- ⇒ Assist students in creating strategies or ways to succeed academically.
- ⇒ Support students in planning and setting personal and academic goals.
- ⇒ Listen to what they need and offer support.
- ⇒ Guide students in managing their emotions.
- ⇒ Teach self-advocacy for students to help them advocate for themselves.
- ⇒ Teach Social Emotional Learning lessons that connect with our Catholic virtues and mission statement.
- ⇒ Work and collaborate with parents, teachers, staff, and administration to meet students' needs.

Classroom Lessons on Virtues:

The following are the Virtues of the Week Classroom lessons that were delivered to K-5th grade students:

- ⇒ Generosity
- ⇒ Orderliness
- ⇒ Trustworthiness
- ⇒ Courtesy
- ⇒ Circumspection

Each lesson was thoughtfully designed to engage students and illustrate the significance of these values in their daily lives.

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