

Dear Parents & Families,



We are all ready for a great school year here at Lindbergh Schweitzer! We are so pleased to have you and your child(ren) as a part of our Lindbergh Schweitzer family. I would like to take this opportunity to introduce myself and explain the many counseling services I offer here at Lindbergh Schweitzer.

As a school counselor, I am here to assist all students in having a positive and productive experience at school. This brochure will acquaint you with the variety of services offered by the counseling program. Please take a moment to familiarize yourself with this very important component of your student's school experience. Feel free to contact me by email (preferred) or by phone. I look forward to working with you and your student.

Miss Ortega
School Counselor



NOTHING
CAN DIM THE
light
FROM WITHIN

-Maya Angelou

INTRODUCING YOUR SCHOOL COUNSELOR



Miss Ortega



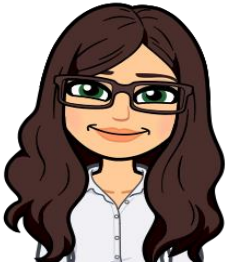
Lindbergh Schweitzer
Elementary

How is my student referred to the school counselor?



Students can see their elementary school counselor via self-referral, parental request, administrative referral, and/or teacher or staff referral.

you matter.



Why would my child meet with you?

Students may be referred to the school counselor if there are concerns that are inhibiting their learning here at school. Some concerns, but not limited to are: behavioral difficulties, social/emotional concerns, conflict with peers, attendance concerns and academic concerns.

What kind of services do you provide?



- Core Curriculum Lessons
- Small group Counseling
- Short Term Individual Counseling
- Crisis Intervention
- Consultation & Collaboration with parents and teachers
- Referrals for community resources

Contact Me



Feel free to contact me to schedule an appointment. I'm happy to answer any questions you may have, provide additional resources, or collaborate to better support students.

Schedule: Thursday & Friday

Office Location: Room C5

Phone: (858) 496-8400 extension 2233

Email: iortega1@sandi.net

What do School Counselors do?



Elementary school counselors promote and enhance student learning through three developmental areas: academic, career, and personal/social as outlined in the ASCA national model for school counseling programs.

As the school counselor, I provide preventive and intervention services, which are integrated into all aspects of children's lives. I work with students on developing appropriate tools and skills in areas such as communicating, decision making, emotional regulation and much more!

School counselors provide services by developing and delivering core curriculum classroom lessons that teach skills for achieving success, facilitating small group counseling, providing immediate short-term individual counseling when needed, and providing support during personal crisis. In addition, school counselors work collaboratively with parents to connect them to community resources if needed and to help their student succeed in their academic, career, personal and social development.