



Annual School Counseling and Support Plan

Principal: Dr. Ingrid Osgood

Director/Lead Counselor: Valerie Harley-Gardner

Dr. Ingrid Osgood

9/1/2026

Date

08/28/2026

Date

August

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Registration, Scheduling, Open House, New School Transitions Post College/Career Materials around school. Welcoming Students/Introducing School Counseling Services/Goal-Setting Welcome/Introductions Registration/Scheduling/Class Changes Open House/Meet & Greet Parent/Teacher Conferences School Advisory Council (SAC) Conflict Mediation HEART Student Support Foster Care Student Transition	(1). Professional, Legal, and Ethical Expectations. School counselors act ethically and according to professional standards to promote the academic (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of	Open House, Parent Conferences on transitions to Elementary School. Teachers share college and career information Open House and classroom greetings. Welcoming new families. Meet and greet all students/classroom and via morning announcements. Level off classes as needed. Open House Participate in parent/teacher conferences on an as needed basis. Present ASCP and Life Skills & Wellness Plan to stakeholders throughout the SY. Provide conflict mediation as needed. Homeless Education Resource Team Foster Care
College & Career Readiness Post college and career readiness materials around the school.	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	College/university signs to bring awareness
Life Skills & Wellness Life Skills and Wellness Inner Explorer-Mindful Moments	Personal/Social C: Students will understand safety and survival skills. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Life Skills and Wellness support via WDEL morning announcements Morning Mindfulness using Inner Explorer.

September

Kids of Character: Cooperation

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Academic Goal Setting Intro to College/Career Education Attendance Initiatives Attendance Discussion Conquering Anxiety RTI/MTSS Teacher Support VIP Student Counseling Peace Week Student of the Month Start with Hello Week Suicide Prevention Month Grief Counseling Positive Behavior Support	(6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that Personal/Social B: Students will make decisions, set goals and take necessary action to achieve goals. Personal/Social A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that	Academic Kick Off College Colors Day Attendance Education Discussion with habitually absent/tardy students about the importance of arriving on time each day. Individual referrals. CPST/RTI/MTSS Information Meet with retained students. School Wide Peace Week activities. Monthly Recognition Annual Annual As needed. Provide positive behavior support to students in need - individual
College & Career Readiness Xello About Me Activities/Create Avatar k-2 Xello About Me Activities/Create Avatar 3-5	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Students will engage in self-exploration through about me activities. Students will engage in self-exploration through about me activities.
Life Skills & Wellness Trusted Adult Week START WITH HELLO WEEK PEACE WEEK	Elementary- LSW A: Students will recognize, identify, and appropriately express basic emotions in themselves and others. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students will complete a trusted adult triangle and identify their trusted adults at school, home, and community. Students will K-2 will mingle and learn the steps to making a friend and introducing themselves with Hello. Students across grade levels participate in Peace Week activities that include making wishes for peace and breathing exercises for inner peace.

October

Kids of Character: Responsibility

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Study & Success Skills College/Career Week! Red Ribbon Week/Child Abuse Prevention Building a College Culture Harvest Drive College Spirit Week Red Ribbon Week RTI/MTSS Student of the Month/Character Trait of the Month Diversity Awareness Month Digital Citizenship Week VIP Sessions (Lowest 30% - academic success) Mix It Up at Lunch Day	(6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that	Retainees, Lowest 1/4 of lowest 30% and struggling students Continue to integrate college and career knowledge into schoolwide activities and addresses. Student Council - Red Ribbon Pledge and activities Incorporate the college knowledge component by hanging signs that show where teachers attended college/university. School-wide and community donations for families in need. Share knowledge about colleges and universities/ Wear College T-Shirt Student Council - Red Ribbon Pledge and tips to stay drug free Continue to work with teachers and parents in MTSS/RTI to close the gap for struggling readers or improve behaviors. Monthly Recognition Discuss the importance of diversity and inclusion. Address Digital Awareness and Citizenship in our monthly newsletter to families. Weekly for identified students Opportunity for students to get to make new friends.
College & Career Readiness XELLO Career Towns Farm (K), Art Gallery (1st), Construction Site (2nd) Lesson 1 Xello Lesson 1 interests (3rd), Skills (4th), and Learning and Future Success (5TH)	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Students will explore the career town locations assigned to their grade level. Students will complete the assigned grade level lesson
Life Skills & Wellness DIVERSITY AWARENESS WORKING TOGETHER WORKING TOGETHER	Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	FLAG DAY/COUNTRY COLORS-Students will wear the colors of their native country or flag colors. Inner Explore

November

Kids of Character: Citizenship

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Academic Self Concept Building a College & Career Culture Antibullying/Relationship Skills Anti-Bullying Honor Roll Recognition Life Skills and Wellness Support Student of the Month/Character Trait of the Month MTSS/RTI Holidays without a Loved One Positive Behavior Support Test Taking Skills 	(5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the 	Individual referral Sign outside of each classroom that shows where the teacher/staff person attended college/university. Daily information provided on WDEL Daily Anti-Bullying information provided on WDEL. Quarterly Awards School-wide daily support via WDEL and individual support as needed. Monthly Recognition Weekly meetings As needed Provide positive behavior support for students in need. Parents Night, Newsletter and Individual Student and Parent Sessions
College & Career Readiness Career Town-k-2 Lesson 2 Xello Lesson 2 My Subjects (3rd), My Goals (4th) Learning Paths (5th) 	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors 	Students will explore the Career town location for their grade levels Student complete the assigned lesson for their grade level.
Life Skills & Wellness Comfort Corners Being Fair and Helping Others Anti-Bullying Week 	Elementary- LSW B: Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals. Elementary- LSW A: Students will recognize, identify, and appropriately express basic emotions in themselves and others. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors. 	K-2 classroom will receive items to create a space in the room for students to de-escalate and self regulate emotions. Inner Explorer Student will engage in kind and peaceful activities that promote getting along and being kind to others.

December

Kids of Character: Kindness

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Celebrate Academic Success Career Interest Inventories Internet Safety/School-Wide Kindness Initiatives RTI and Promotion Next Grade Transition Meetings Student of the Month/Character Trait of the Month Life Skills and Wellness Parent/Teacher Conferences Student Support 	(3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of 	Reward Fridays and individual student conferences. Students can discuss future career goals and plans. Individual student conferences CPST and RTI Meetings School visits to Millennium and Westpine Middle Monthly Recognition LSW daily on WDEL morning announcements. As requested. As needed.
College & Career Readiness XELLO-Answer three to four questions about career path. K -2 Xello Lesson 2 and activities continued 	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors 	Student complete the assigned lesson for their grade level. Student complete the assigned lesson for their grade level.
Life Skills & Wellness KINDNESS CAMPAIGN Inner Explorer- KINDNESS 	Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors. Elementary- LSW B: Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals. 	Student in K-5 will participate in a month long school wide initiative through weekly challenges such as writing kind notes, helping others, and cooperation. Students will be aware of their feeling and emotions through a guided practice in Inner Explorer.

January

Kids of Character: Respect

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Academic Motivational Activities Develop Career Awareness Self-Awareness/Self-Management/No Name Calling Test Taking Skills/Test Anxiety Honor Roll Recognition No Name Calling Week Student of the Month/Character Trait of the Month Student Recognition VIP Sessions (Lowest 30% and students not making academic progress) Life Skills and Wellness Support RTI/MTSS The Great Kindness Challenge Week	(5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (6). Academic Advising and Planning. Effective school counselors cultivate a caring, rigorous, and supportive school community that promotes the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that	Academic Kick Off, Individual Check-Ins for students who are struggling Continued talk about being career and college ready - the path to a career. Encourages journaling and individual sessions Parents Night, Newsletter and Individual Student and Parent Sessions Quarterly Large Group, Classroom and via Morning Announcements Monthly Recognition Students inducted into 100 Club and other student recognitions. Weekly Based on student needs and teacher requests. Weekly meetings and teacher support School-wide kindness initiative
College & Career Readiness XELLO Lesson 3- Why People Work (3rd), Tools for Success (4th), Starting a Business (5th)	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Students will complete the assigned grade level lesson.
Life Skills & Wellness RESPECTING OURSELVES & OTHERS NO NAME CALLING WEEK	Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors. Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	"Feeling Detectives" is an interactive activity where students in small groups (Social Skills) walk a gallery of emotion cards/photos and decide how the person is feeling and deducts Challenge: explore the meaning of your name. Create an colorful art poster highlighting your name and its meaning.

February

Kids of Character: Honesty

*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Test & Academic Anxiety Acquire Career Information Diversity, Respect, and Social Awareness Diversity & Respect Student of the Month/Character Trait of the Month RTI/CPST VIP sessions Life Skills and Wellness Support Random Acts of Kindness Day Safer Internet Day	(5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (4). Consultation, Collaboration, and Coordination. Effective school counselors utilize multiple means of communication to promote the (2). Data-Driven Planning. Effective school counselors utilize resources including available school data to guide decision making and counseling (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that (5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of	Delivered small group, large group, parent groups and individual student counseling for students who experience testing anxiety. Display college and university information. Delivered in Large Group and Small group sessions. Students learn that we are all different, and should be accepted and respected for who we are. Students of the month will be identified and recognized. Weekly CPST. Weekly School-wide support on WDEL. Individual and classroom support as needed. Showing random acts of kindness Safer internet practices
College & Career Readiness XELLO Lesson 3- Why People Work (3rd), Tools for Success (4th), Starting a Business (5th)	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Students will complete the assigned grade level lesson.
Life Skills & Wellness DAY OF SERVICE AND LOVE	Elementary- LSW C: Students will engage in positive social interactions	"DAY OF SERVICE AND LOVE" students and staff with participate in a full day of service

	and demonstrate respectful and cooperative behaviors.	activities such as campus clean up, kind letters pen/pal exchange with students from nearby
HONESTY BUILDS TRUST	Elementary- LSW A: Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Morning/Afternoon Mindfulness guided practices-classrooms

March Kids of Character: Self Control		
*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Becoming a Life Long Learner Identify Career Goals Responsible Decision-Making/Equity Goal Setting Student of the Month/Character Trait of the Month RTI/CPST VIP sessions	Academic A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span. Career B: Students will employ strategies to achieve future career goals with success and satisfaction. Personal/Social B: Students will make decisions, set goals and take necessary action to achieve goals. Career B: Students will employ strategies to achieve future career goals with success and satisfaction. Personal/Social A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. Personal/Social A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. Academic B: Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary Career B: Students will employ strategies to achieve future career goals with success and satisfaction.	Encouragement via Morning Announcements Career Day Individual and Small Group Decision Making Skills Large Group encouragement. Individual assistance with setting goals and reaching them. Monthly Recognition MTSS/RTI to support students, parents and teachers. Supporting students who are struggling academically.
College & Career Readiness Xello Lesson 4: Managing Big Feelings (3rd); Problem Solving (4th); Facing Big Challenges (5th)	(5). Counseling Services. Effective school counselors provide direct and indirect services that support the safety, mental health, and well-being of	Students will complete assigned lessons for their grade level

Life Skills & Wellness Goal Setting (SMART GOAL) K-5 #gotGoals? SELF-CONTROL/PROBLEM SOLVING	Elementary- LSW B: Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals. Elementary- LSW B: Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Using a CLOZE format/template students will write an academic, personal, or career SMART GOAL. SUBMIT to school counselor to post to social media (3-5) Morning Mindfulness guided practices-classrooms/Inner Explorer
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April Kids of Character: Tolerance		
*ACTIVITY	DOMAIN/STANDARD	DESCRIPTION
Relate School to Life Experiences New Student & Parent Session Conflict Mediation Parent Information Session Honor Roll Recognition Student of the Month/Character Trait of the Month MTSS/RTI National Youth Violence Prevention Week	Academic C: Students will understand the relationship of academics to the world of work and to life at home and in the community. Career C: Students will understand the relationship between personal qualities, education, training and the world of work. Personal/Social B: Students will make decisions, set goals and take necessary action to achieve goals. Academic C: Students will understand the relationship of academics to the world of work and to life at home and in the community. Academic C: Students will understand the relationship of academics to the world of work and to life at home and in the community. Personal/Social A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. Academic B: Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary (3). School Counseling Program. Effective school counselors develop, implement, and evaluate programs that cultivate a school environment that	Problem solving skills for students. Parent University, Parent Night, SAC Meeting regarding student testing. Student recognition. Student recognition. Weekly Recognizing and preventing violence
College & Career Readiness Xello-Review all assigned activities for completion/deadline K-5	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Student will ensure all Xello assigned activities are completed.

XELLO-list of presenters-Career Day	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Students will visit community presenters and inquire about their world of work. They will view demonstrations, and listen and ask questions to presenters.
Life Skills & Wellness		
Friendship Bingo	Elementary- LSW C: Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students will participate in a fun social activity that promotes cooperation, positive social interactions, and help them to be kind, helpful and inclusive
Growing through Challenges	Elementary- LSW A: Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Student will participate and be guided in a mindful visual video in inner explorer or a sound practice.

June

[illegible]

College & Career Readiness XELLO WRAP UP/MAKE UPS-REVIEW DATA/USAGE with leadership Team	(7). Career Development and Postsecondary Planning. Effective school counselors provide opportunities for all students to develop the behaviors	Meet with leadership team
Life Skills & Wellness Self-Awareness	Elementary- LSW A: Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Students will identify their emotions, strengths and personal values. Activities such as self-portraits or writing adjectives about themselves on the fingers of a cut hand template.