# FAIRFIELD SCHOOLS DEPARTMENT OF CURRICULUM AND INSTRUCTION

## SCHOOL COUNSELING CURRICULUM GRADES K - 6

## **ACKNOWLEDGEMENTS**

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Sarah Kirk Gabby Day

Board Approved:-April 28, 2022

#### **BELIEFS AND PHILOSOPHY**

The philosophy and beliefs of the programs presented by the school counselors of Fairfield Public School are that:

- Students are our highest priority
- Students are unique and have the right to develop their individual career and personal/ social potential
- Students have the right to be treated with dignity and respect and learn in a safe and supportive environment
- The school counselor is an advocate for and supports each student by fostering student connectedness with peers, staff, and family

#### The School Counselor will:

- Plan and manage the comprehensive school counseling program
- Abide by the professional school counseling ethics as advocated by the American School Counselor Association
- Participate in professional development activities essential to maintaining a quality school counseling program

#### MISSION STATEMENT

The mission of the Fairfield Public Schools Counseling Department is to engage all students in an academic, personal/social emotional and career program which provides the tools for students to function responsibly in an ever-changing global community.

#### PROGRAM GOALS

The counselor will fulfill the goals and objectives of the Counseling Program through individual counseling, small group counseling, classroom guidance lessons, coordination of services, and consultation with parents and teachers. The curriculum is based on the philosophy that the affective development of the student, while the responsibility of the entire school staff, is a primary concern of the counselor. The counselor helps students identify strengths, weaknesses and feelings. Students will use this heightened self-awareness in their decision-making.

The three main themes of the Developmental Guidance and Counseling Program will be reinforced throughout the curriculum by classroom teachers and specialists as the themes occur in their content area. The counselor will act as a

consultant to offer guidance materials and activities to supplement their curriculum.

The success of this program is dependent on the school community working as one unit to help each child reach his/her full potential. Teachers and parents will be an integral part of the program to identify and refer students for counseling services. Students will be able to self-refer when problems arise.

## **ASCA Standards for Students Competencies and Indicators**

## 1. Personal/Social Development

FOCUS: Becoming aware of who I am and how I interact effectively with others.

ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as the students progress through the school and into adulthood.

- **Standard A:** Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.
- **Standard B:** Students will make decisions, set goals and take necessary action to achieve goals. **Standard C:** Students will understand safety and survival skills.

## 2. Academic Development

FOCUS: Achieving academic success, aspiring to the highest level of student achievement, acquiring skills for lifelong learning.

ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

- **Standard A:** Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the lifespan.
- **Standard B:** Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.
- **Standard C:** Students will understand the relationship of academics to the world of work and to life at home and in the community.

## 3. Career Development

FOCUS: Becoming aware of life/career choices, planning for work after school, reaching life/career potential to become a satisfied worker and earn a satisfying living throughout life.

ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the lifespan.

- **Standard A:** Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
- **Standard B:** Students will employ strategies to achieve future career goals with success and satisfaction.
- **Standard C:** Students will understand the relationship between personal qualities, education, training and the world of work

## **CASEL Social Emotional Learning Competencies**

Self- Awareness	Self- Management	Social Awareness	Relationship Skills	Responsible Decision- Making
The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of	The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations-effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic	The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and	The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively,	The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. The realistic evaluation of consequences of various actions, and a consideration
confidence,	goals.	community	and seek and	of the well

optimism, and a "growth mindset"	resources and supports.	offer help when needed.	being of oneself and others.
mindset."			

## Fairfield School Counseling Curriculum Grades K-6

Grade	Unit	Lesson Focus	ASCA Standar ds	Skills Learned	CASEL SEL Core Competencie s	Suggeste d Activities
K-2	Social Skills	Intro. to school counselor, Starting and maintainin g a conversati on	PS:A PS:B A:A C:A C:C	Communication, Social engagement, relationship building, teamwork	Social- Awareness & Relationship Skills	Start With A Hello Program, "Find a Friend Who" Bingo
3-6	Social Skills	Conversati on skills and understand ing social cues	PS:A PS:B A:A C:A C:C	Communication, Social engagement, relationship building, teamwork	Social- Awareness & Relationship Skills	Start With A Hello Program, "Find a Friend Who" Bingo
Differen	tiation					

Special Ed	ducation	G&T		RTI	EL	L	
accomm listed in IEP • As help kee task • M reduced Reduced assignmed different delivery to one til where no	cations & odations as the student's sign a peer to p student on odified or assignments • length of ent for t mode of • Increase one me • Anticipate eeds will be • resources	ations as modified: abstraction, complexity, variety, organization • Process tudent on signments • skills, open ended gth of products should be modified: note ode of modified: real world problems, audiences, deadlines, evaluation, transformations • Interventions following RTI framework • RTI Intervention Bank • NJDOE resources    Note of the process of transformations   Interventions following RTI framework • RTI Intervention Bank • NJDOE resources    Note of the process of transformations   Interventions following RTI framework • NOTE framewor		org NJ:	• Strategy groups • Teacher conferences • Graphic organizers • Modification plan • NJDOE resources • https://www.teachersfirst.com/content/esl/ad aptstrat.cfm		
K-2	Bullying Prevention	Recognizin g, reporting, and refusing bullying	PS:A PS:B, PS:C A:A C:A C:C	Respect for others, perspective taking, resisting social pressures empathy, assertiveness, conflict vs. bullying		Responsible Decision Making & Social- Awareness	Week of Respect, Conflict vs. bullying vs. Mean Moment
3-6	Bullying Prevention	Recognizin g, reporting, and refusing bullying	PS:A PS:B, PS:C A:A C:A C:C	Respect for others, perspective taking, resisting social pressures empathy, assertiveness, conflict vs. bullying		Responsible Decision Making & Social- Awareness	Week of Respect, The Great Kindness Challenge , Review of the Anti- Bullying Bill of Rights
Different	tiation						

Special Ed	ducation	G&T		RTI	EL	L	
Modifications & accommodations as listed in the student's IEP • Assign a peer to help keep student on task • Modified or reduced assignments • Reduce length of assignment for different mode of delivery • Increase one to one time • Anticipate where needs will be • NJDOE resources  • Contents should modified: abstract complexity, variet organization • Pro should be modified higher order thinking, discover Products should be modified: real word deadlines, evaluate transformations • Learning environr should be modified student-centered learning, independ openness, completing groups varied • Naresources		bstraction, variety, n • Process nodified: r thinking ended scovery • ould be eal world udiences, valuation, ions • avironment nodified: tered dependence, omplexity,	• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources	conferences • Graphic organizers • Modification pl NJDOE resources • https://www.teachersfirst.co		ation plan •	
K-2	Gratitude	Practicing Gratitude Defining empathy	PS:A PS:B, PS:C	Identifying emotions, empathy, respect for others	et	Self- Awareness Social Awareness	Communi ty Tree Project
3-6	Gratitude	Defining and understand ing gratitude Defining and understand ing empathy	PS:A PS:B, PS:C	Identifying emotions, appreciating diversity, empathy, respet for others	ying Self- Gratitu ons, Awareness exercis iating Social Apprec ty, Awareness ion ny, respect Self- Station		Gratitude exercises, Appreciat ion Station
Different	tiation						
Special Ed	ducation	G&T		RTI	EL	L	

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K-2	Coping Skills	Coping Skills and Mindfulne ss	PS:A PS:B PS:C A:A C:A C:C	Self regulation, managing emotions, impul control, stress management	Management	The Color Monster By Anna Llenas, Wheel of Emotions, My Coping Skills Plan, Be Where Your Feet Are By Julia Cook
3-6	Coping Skills	Identifying and managing emotions	PS:A PS:B PS:C A:A C:A C:C	Self regulation, managing emotions, impul control, stress management	Self- Management Responsible Decision Ma king	Chill Skills, Keep Calm Plan, Unhelpful Thinking Styles

Differen	Differentiation								
Special E	ducation	G&T		RTI	ELL				
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K-2	Growth Mindset	Growth Mindset	PS:A PS:B, PS:C A:A A:B A:C C:B	Power of Yet, overcoming/em acing challenge perseverance, valuing effort		The Most Magnifice nt Thing By Ashley Spires, Fixed Mindset Vs. Growth Mindset, My Brain and I Story Book			
3-6	Growth Mindset	Recognizin g strengths, Defining perseveran	PS:A PS:B, PS:C A:A A:B A:C C:B	Power of Yet, overcoming/em acing challenge perseverance, valuing effort		The Learning Pit, Fixed vs. Growth			

		ce, Grit, Resilience				Mindset, Power of Yet
Different	tiation				•	
Special E	ducation	G&T		RTI	ELL	
• Modifications & accommodations as listed in the student's IEP • Assign a peer to help keep student on task • Modified or reduced assignments • Reduce length of assignment for different mode of delivery • Increase one to one time • Anticipate where needs will be • NJDOE resources		• Contents should be modified: abstraction, complexity, variety, organization • Process should be modified: higher order thinking skills, open ended thinking, discovery • Products should be modified: real world problems, audiences, deadlines, evaluation, transformations • Learning environment should be modified: student-centered learning, independence, openness, complexity, groups varied • NJDOE resources		• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources	organizers • Modification pla work • RTI ention • NJDOE ces• l entions ving RTI work • RTI ention • NJDOE	
K-2	Showing Compassio n	Self- Love/Self- Esteem	PS:A PS:B PS:C A:A	Self- Respect & respect towards others (In-perso & Online)	Awareness,	Valentine To Self, "What I Love About Myself Is" worksheet , Self- Love Mason Jar
3-6	Showing Compassio n	Kindness (In-person & Online)	PS:A PS:B	Self- Respect & respect towards others		Shoot for Kindness Challenge

			PS:C A:A			Awareness, & Relationship Skills, Self- management	, Acts of Kindness Cards			
Differen	Differentiation									
Special E	ducation	G&T		RTI	EL	L				
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K-2	Conflict Resolution	Peace & Conflict Resolution	PS:A PS:B PS:C A:A C:B	Learning steps to effective problem solving, active listening, effective communication skills, perspective taking	m	Responsible Decision- Making, Relationship Skills, Social- Awareness	Conflict Resolutio n Game Show, Relations hip Building Bingo			
3-6	Conflict Resolution	Peace & Conflict Resolution	PS:A PS:B PS:C A:A C:B	Learning steps t effective probler solving, active listening, effective communication	m	Responsible Decision- Making, Relationship Skills, Social- Awareness	Solutions Wheel, Peace Path, Role Play Scenarios			

				skills, perspective taking	ve	
Different	tiation					
Special Ed	lucation	G&T		RTI	ELL	
• Modifications & accommodations as listed in the student's IEP • Assign a peer to help keep student on task • Modified or reduced assignments • Reduce length of assignment for different mode of delivery • Increase one to one time • Anticipate where needs will be • NJDOE resources		• Contents should be modified: abstraction, complexity, variety, organization • Process should be modified: higher order thinking skills, open ended thinking, discovery • Products should be modified: real world problems, audiences, deadlines, evaluation, transformations • Learning environment should be modified: student-centered learning, independence, openness, complexity, groups varied • NJDOE resources		• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources	• Strategy groups • Teacher conferences • Graphic organizers • Modification plan • NJDOE resources • https://www.teachersfirst.com/content/esl/ad aptstrat.cfm	
K-2	Self- Confidenc e	Be You	PS:A C:A	Appreciating diversity, celebrating differences, resisting peer pressure	Self- Awareness, Social- Awareness, Relationship Skills	Positive Self-Talk Journal,
3-6	Acceptanc e, Personal Identity, Self- Confidenc e	Celebrate Diversity, Recognizin g personal characteris tics	PS:A C:A	Diversity, celebrating differences, resisting peer pressure	Self- Awareness, Social- Awareness, Relationship Skills	Sharing similaritie s and difference s, Bio Poems
Different	tiation		1	,		

Special Ed	ducation	G&T		RTI	ELL	
• Modifications & accommodations as listed in the student's IEP • Assign a peer to help keep student on task • Modified or reduced assignments • Reduce length of assignment for different mode of delivery • Increase one to one time • Anticipate where needs will be • NJDOE resources		• Contents should be modified: abstraction, complexity, variety, organization • Process should be modified: higher order thinking skills, open ended thinking, discovery • Products should be modified: real world problems, audiences, deadlines, evaluation, transformations • Learning environment should be modified: student-centered learning, independence, openness, complexity, groups varied • NJDOE resources		• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE resources	• Strategy groups • Teacher conferences • Graphic organizers • Modification plan • NJDOE resources • https://www.teachersfirst.com/content/esl/ad aptstrat.cfm	
K-2	Self- Exploratio n	Career Awareness	<u>C:A C:B</u> <u>C:C</u>	Skills, values, interests, strengths	Self- Awareness & Career Charades, Career Management Explorati on Sorting	
3-6	Self- Exploratio n	Career Awareness	A:A A:B A:C C:A C:B C:C	Skills, values, interests, strengths	Self- Awareness & Jeopardy, Self- Management Writing, Interview skills	
Different	tiation					
Special Ed	ducation	G&T		RTI	ELL	
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K-2	Grade Transitioni ng	Review and Grade Transitioni ng	PS:A PS:B, PS:C A:A A:B A:C C:A C:B C:C	Reflecting, identifying emotions, identifying problems, goal setting, organizational skills	Self Awareness, Responsible Decision- Making, Self- Management	Letter to Future Self, "A Year In Review" Jeopardy Game
3-6	Grade Transitioni ng	Review and Grade Transitioni ng	PS:A PS:B, PS:C A:A A:B A:C C:A C:B C:C	Reflecting, identifying emotions, identifying problems, goal setting, organizational skills	Self Awareness, Responsible Decision- Making, Self- Management	Letter to future students, Letter to future self, Orientatio n Q&A
Differen	tiation					
Special E	ducation	G&T		RTI	ELL	
• Modifications & accommodations as listed in the student's IEP • Assign a peer to help keep student on task • Modified or		′		• Tiered Interventions following RTI framework • RTI Intervention Bank • NJDOE	• Strategy groups • Teacher conferences • Graphic organizers • Modification plan • NJDOE resources •	

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