

What do school counselors do?

We work alongside teachers, administrators, and parents to help students develop socially and emotionally, with a focus on removing any barriers to learning!

We provide:

- Classroom lessons teaching social skills, skills to take care of strong feelings, study skills, etc.
- Small group counseling
- Short-term individual counseling
- Consultation with parents and teachers
- Community resource referrals (including longer term therapy services)
- Schoolwide programming (The Great Kindness Challenge, Character Counts Week, etc.)

Contact Us!



1st and 3rd Grades

Mrs. Meghan Engle
meghan.enge@fcps.org

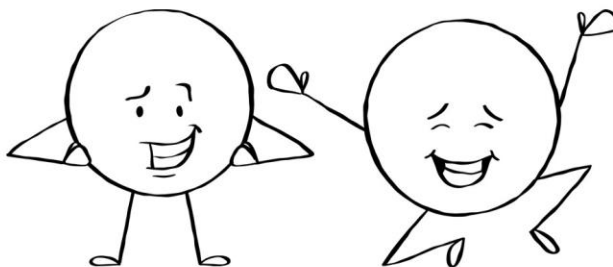
4th and 5th Grades

Mrs. Sheri Wettstein
sheriwettstein@fcps.org

K and 2nd Grades

Mrs. Lisa Kendall
lisa.kendall@fcps.org

We are excited and honored to serve you and your child!



****Confidentiality and your family's privacy are important to us. What you or your child discuss with a counselor is private except in cases required by law (when abuse or neglect are suspected).****

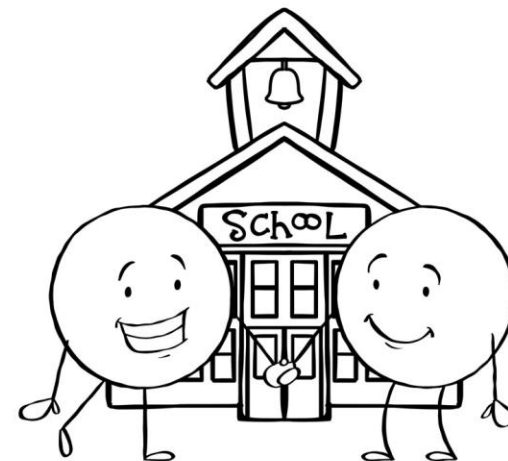
Green Valley Elementary



SCHOOL

COUNSELING

Mrs. Meghan Engle (Grades 1&3)
Mrs. Sheri Wettstein (Grades 4&5)
Mrs. Lisa Kendall (Grades K&2)



**Counsel.
Educate.
Advocate.
Empower.**

About Mrs. Engle

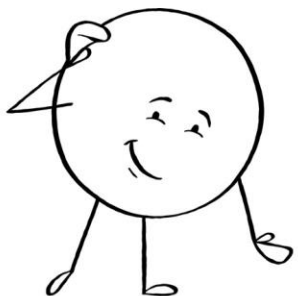
I earned my undergraduate degree in early childhood and elementary education from Villa Julie College. I obtained my masters degree in school counseling from McDaniel College. Before becoming a counselor, I taught for 19 years.

About Mrs. Wettstein

I earned my undergraduate degree from the University of Maryland and my masters in school counseling from Bowie State. I have been a school counselor in Frederick County for 24 years.

About Mrs. Kendall

I earned my undergraduate degree in early childhood education from James Madison University and my masters degree in school counseling from Johns Hopkins University. Before becoming a counselor, I taught for 25 years.



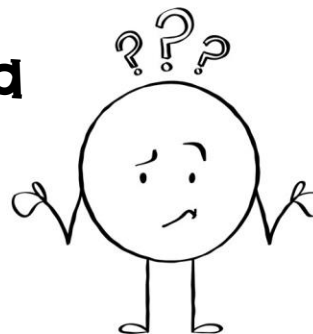
We're here
with a
listening ear!

What types of things do we talk with students about in class lessons and in counseling?

- Making and keeping friends
- Setting goals
- Teamwork
- Feeling good about yourself
- Making good choices
- Being responsible
- Managing strong feelings
- Conflict resolution

How does a student see a school counselor?

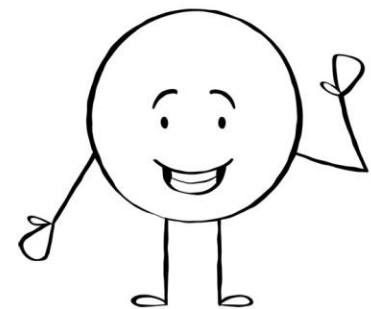
- Self-referral
- Parent referral
- Administrative, teacher, or other staff referral
- Referral by friend(s)



How can we support parents?

Call 240-236-3400

- Help to handle social or emotional concerns you have about your child
- Work on skills to improve parent-child communication
- Discuss family difficulties or concerns that affect your child at school
- Provide referrals for community resources



- Assist in understanding the developmental changes of childhood
- Available to discuss concerns about your child's academic achievement