



NCDPI School Counseling Updates

North Carolina Department of Public Instruction

April 2017

Division of K-12
Standards, Curriculum
& Instruction -
K-12 Program Areas

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Purple Up for Month of the Military Child

With members of the National Guard and Reserves residing all over our state, children of military service men and women are not limited just to the counties with military bases. Military children are in nearly every county. The month of April provides an opportunity to recognize and honor the service of our youngest heroes, military children. Established by former Secretary of Defense Caspar Weinberger in 1986, the designation of April as the Month of the Military Child acknowledges the significant role military youth play in our communities. They are resilient and take pride in their service to our Country. They deserve our appreciation and support.

In 2011, the “Purple Up! for Military Kids” initiative quickly gained momentum and is now celebrated nation-wide. Children in schools, businesses, and the community stakeholders are encouraged to wear purple on a specific day in April in honor of military kids. Why purple? Purple is the color that symbolizes all branches of the military, as it is a combination of Army green, Marine Red, and Coast Guard, Air Force, and Navy blue.

It is usually April 15 of each year, but since it falls on a holiday, schools can choose any day to “Purple Up”. Wearing the color purple is an easy, visible way to show support and thank military youth for their strength and sacrifices. The goal of

“Purple Up!” is for military youth to actually SEE the support in their school and the community! Below are some additional resources to celebrate Month of the Military Child:

[Purple Up! Resources - Logo, Flyer, Poster](#)
[18 Ways to Celebrate Month of the Military Child](#)

[Month of the Military Child – Toolkit for Educators](#)

To learn more about ways to serve and support the military families in your schools, you can contact the NC Regional Military Liaisons closest to your district:

Cathy Hurley, Cumberland County,
cathyhurley@ccs.k12.nc.us

Jamie Livengood, Wayne County,
jamielivengood@wcps.org

Valerie Nasser, Craven County,
Valerie.Nasser@cravenk12.org

Brittany Norman, Onslow County,
Brittany.norman@onslow.k12.nc.us



Thank you to our NC Regional Military Liaisons for contributing this information for the newsletter.



If this newsletter was forwarded to you and you would like to receive it directly, just go to the NCDPI School Counseling Wiki at <http://schoolcounseling.ncdpi.wikispaces.net/> for instructions on signing up for the listserv

The guiding mission of the North Carolina State Board of Education is that every public school student will graduate from high school globally competitive for work and postsecondary education and prepared for life in the 21st century.

School Counselor April MTSS Update

MTSS is designed to be a team approach to supporting student and school success, shared appropriately across the school staff. The NCDPI Integrated Academic and Behavior System (IABS) Division is supporting school counselors with their understanding of MTSS through monthly updates in the NCDPI School Counseling listserv newsletter. Below is the update for this month.

Multi-Tiered System of Support: Change May Be Necessary—

Building a multi-tiered system of support often requires change within a school. As counselors, you have important skills which prepare you to deal with individual reactions to

change. District teams engaged in the online MTSS course are reminded of a few change models. One of these models is a simple and flexible model outlined by Chip & Dan Heath. These are the three basic principles for leading change from the book *Switch*:

1. Give Direction
2. Motivate
3. Shape the Path

In this 2:02 [video clip](#), Dan Heath, co-author of *Switch*, describes the behavior change process using Jonathan Haidt's analogy of an elephant, a rider and a path. A commonly held belief is that human behavior is the

result of rational decision-making based on available information. A closer look into the science of behavior reveals the powerful role our emotions play in our decision-making process. For more information from on dealing with people who are apprehensive about changing, check out some [video vignettes](#) from the National Implementation Research Network.

Thank you for your support and contributions to establishing a MTSS in your school setting. You can find additional information on the [MTSS Wiki](#). If you have any questions, please contact Amy Jablonski, Director at amy.jablonski@dpi.nc.gov

School Mental Health Policy Approved by the State Board of Education

The April listserv e-newsletter was delayed a few days so that you could receive the latest update on the status of the proposed school-based mental health policy. **On Thursday, April 6, the North Carolina State Board of Education approved the revised school mental health policy.**

The purpose of this policy is to help ensure that public school students in North Carolina have equitable access to a full continuum of high-quality and well-coordinated socio-emotional/behavioral health services. The policy proposal was brought to the State Board by the North Carolina School Mental Health Initiative, a multi-disciplinary inter-agency partnership with broad representation from public educators, community-based mental health clinicians, lawyers, advocates, university faculty and parents. Many of you may recall participating in a survey last year regarding mental health needs of students and barriers to

accessing services. Those survey responses were used to help inform and develop this policy.

The following are a few key points from the policy:

- Each Local Education Agency (LEA)/charter school shall develop and implement a plan for assessing and improving upon the effectiveness of existing supports for the mental health and substance use needs of its student population (including prevention, early intervention and referral).
- LEAs/charter schools are encouraged to include the following strategies:
 - ⇒ Integrating social and emotional learning strategies across the curriculum and within the entire school environment, including, but not limited to the integration of the NC Guidance Essential Standards and the Healthful Living Essential Standards.

⇒ Incorporating evaluation of understanding and use of social and emotional wellbeing learning strategies in classroom/school management into the annual performance appraisal of teachers and administrators.

⇒ Improving staffing ratios for licensed specialized instructional support personnel such as school counselors, school nurses, school psychologists, and school social workers, to improve student access to school health professionals.

- DPI to provide support (guidance, technical assistance, materials, professional development assistance).
- LEAs to make plans for needed staff professional development.

Click [here](#) to view the executive summary and entire policy (linked under Attachment).

ARE YOUR STUDENTS COLLEGE AND CAREER READY?

Elementary	Secondary
College & Career Ready Language	College & Career Ready Language Review
Learn About Yourself / Self-Assessment / Interest Inventories	Learn More About Yourself / Self-Assessment
Time to Explore College & Career Lessons	4-Year Graduation Plan Succeeding in Middle / High School
School-wide College & Career Awareness Activities	Career Interest Inventories Career Development Counselor College Entrance Exams
College & Career Cafes	Freshmen / Sophomore / Junior / Senior Planning Timelines
College & Career Days Special Guests / Field Trips	College Search / Explore / Focus Career Search / Explore / Focus
PAWS In Jobland	College & Career Fairs School, Local Community, & State
cfnc.org	cfnc.org

cc

Thank you to Cecil Coates, NCSCA Marketing/PR and Wake County Public Schools Senior Administrator, for this great career and college readiness graphic!

Reach Higher College Signing Day Friday, May 5th

From the Reach Higher Office:

College Signing Day is a chance to rally around students and support and celebrate their choice in making a commitment to higher education. **While you're encouraged to celebrate the first week of May, you can host an event at whatever date and time best fits your schedule.** Last year, we celebrated over 1,250 College Signing Day events in ALL 50 states and even had some international events. This year, we want to activate even more schools and communities to shine a spotlight on those students who have committed to pursue a higher education. We hope you're up for the challenge!

Check out Reach Higher's new website at [Better Make Room](https://bettermakeroom.org) and download the College Signing Day toolkit with helpful information on how to host your College Signing Day event. You will also learn how [DonorsChoose.org](https://donorschoose.org) may fund your event. Don't forget to sign up at bettermakeroom.org to let the Reach Higher office know when

and where you're hosting your event! Lastly, be on the lookout for information about joining one of Reach Higher's College Signing Day webinars to receive tips and to ask questions. If you can't join a webinar, you can find a link to a recording of one of the webinars with school counselors on the Reach Higher website.

Furthermore, thanks to [Do-norsChoose.org](https://donorschoose.org) and the [College Football Playoffs Foundation](https://collegefootballplayoffs.com), Reach Higher will provide 200 lucky event hosts a \$500 grant towards your College Signing Day event! The money can be used

to buy supplies from a list of over 20 vendors. Register your event on the [Reach Higher website](https://reachhigher.org) in order to be eligible to win one of these \$500 grants!

Be sure to follow @ReachHigher and @BetterMakeRoom for more updates, and don't forget to use #ReachHigher, #BetterMakeRoom and #CollegeSigningDay in your social media posts!

You are invited to post your College Signing Day photos to the [NCDPI School Counseling Facebook page](https://ncdpi.org).





Free Resources from the Dove Self Esteem Project (DSEP)

Dove has a mission to ensure the next generation grows up enjoying a positive relationship with the way they look—helping girls to raise their self-esteem and realize their full potential. In 2004, they turned this commitment into the [Dove Self-Esteem Project](#). Working with leading experts, who come from fields including psychology, health, and body image, they have created a program of world-class resources, many of which have been scientifically proven to significantly develop and increase body confidence and self-esteem in young people. These free resources are designed to help you engage and support young people aged 7 to 17 on issues relating to self-esteem and body confidence and include articles, action plans, conversation starters, activities, videos, workshops, etc. Most school resources are aimed primarily at 11 to 14 year olds.

Applications Are Now Open for the 2017 NCDPI Student Leadership Institute!

June 28-July 1, 2017

Register your team to be a part of an exciting opportunity to build strong character, develop leadership skills and engage in service-learning experiences! This is a competitive application process with limited slots. The application deadline is Friday, March 24, 2017 by 5:00 pm. To find out more information and complete an application, visit the [Character Matters NC site](#).

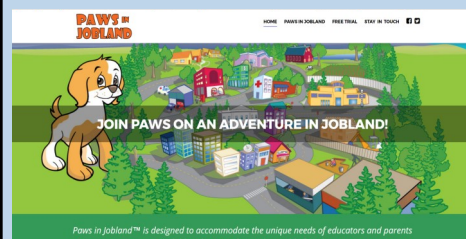
Is Your School Exemplifying Good Character?

Are you showing "good" character in your school and community?

Are you using your knowledge and skills to serve others?

Are you exemplifying strong leadership?

Share your examples of character, leadership, and service by sending photos, videos, articles, websites, etc. to Justyn.Knox@dpi.nc.gov with a brief explanation of an activity or project that exemplifies good character. Selected exemplars will be placed on the [Character Matters website](#).



Elementary Career Exploration Resources

Looking for elementary resources for career exploration and development? CFNC.org has 40 lesson plans and more in their elementary [PAWS in Jobland materials](#). These lesson plans are not only reflective of NC Guidance Essential Standards, they also identify other curricula links such as art, technology, English, Math, etc.

There is also an accompanying [computer game](#).

Suzannah Blackwell Memorial Scholarship for English Learners/ESL

The 2017 Suzannah Blackwell Memorial Scholarship is now open for applications. The goal of this scholarship is to support EL's, who would like to further their education after high school. Applicants must be exceptional English Learners, current SC or NC High School Seniors and must be planning to attend an accredited US university in the 2017-2018 school year.

Click [here](#) for more information.

IRS Offers Help to Students and Families to Get Tax Information for Student Financial Aid Applications

Students must have information their families' tax return in order to file a Free Application for Federal Student Aid (FAFSA®) or apply for an income-driven repayment plan. The IRS Data Retrieval Tool (DRT) used to access your tax information for the FAFSA and income-driven repayment (IDR) plan applications is currently unavailable.

This does not limit an individual's ability to apply for aid or an IDR plan. Applicants can manually provide their tax return information. The online FAFSA and IDR applications remain operational, and applicants can continue filing the FAFSA or applying for an IDR plan as they normally would using their 2015 tax return information.

Click [here](#) for more information.



NCSCA Fall Conference Call for Presenters on-line application is now open to receive proposals to present at fall conference which will be held November 8—10, 2017, in Greensboro. If you would like to present a session at the conference, click [here](#) for more information.

Professional Development Opportunities

Note that most of the professional development activities listed below are not organized by the NCDPI school counseling consultant; therefore, questions should be directed to the contacts at the links provided.

Southeastern School Behavioral Health Conference — April 27-28, 2017, Myrtle Beach, SC

Speakers and sessions to promote student academic and personal success by reducing barriers to learning and supporting the social, emotional, and behavioral needs of youth and families. Click [here](#) for more information.

ASCA School Counselor Conference— July 8-11, 2016, Denver, Colorado

National conference specifically for school counseling with keynote sessions, informative breakout sessions, in-depth looks at hot topics in the school counseling profession and networking opportunities. Click [here](#) for more information.

NCSCA Regional Drive-in Workshops

Listed below are the remaining NCSCA regional workshops being held across the state through mid-May. NCSCA regional VPs have planned a variety of topics for the morning sessions. The afternoon session at each location is “School Counseling and MTSS: Finding Your Niche,” delivered by staff of NCDPI.

Southeast Region/District 2 - April 28, New Bern

Piedmont-Triad Region/District 5 - May 5, Winston-Salem

Information, including registration, is posted on the [NCSCA web site](#) professional development pages.

MTSS handouts are on the NCDPI School Counseling [Professional Development Wiki page](#).



Thank you to the hundreds of NC School Counselors who registered and attended one of the 6 Regional Drive-In Sessions last month. The MTSS Consultants were honored to co-present with Cynthia Floyd at all six sessions, and look forward to the final sessions scheduled for the April 28th and May 5th.

This collaboration allowed the MTSS team to facilitate the development of common language around MTSS while Ms. Floyd established the relationship between current school counseling roles and this school improvement framework. An additional outcome of the half-day session was to develop a crosswalk between the 6 Critical Components of MTSS and the School Counselor Standards. During this small group time, counselors identified their “niche” within schools implementing an MTSS with these concepts:

- *Supporting teachers and students to access what they need to be successful*
- *Facilitating collaboration around academics, behavior and social emotional instruction*
- *Helping educators “take some things off the plate” that may be “good”, but not necessarily effective*
- *Championing the use of data-based problem solving to examine school wide, grade/content level, small group and individual student data.*

If you were unable to attend one of the sessions, we encourage you to take 20 minutes to read thru the School Counseling and MTSS: Finding Your Niche Notes Handout which can be found on the [NCDPI School Counseling Wiki PD page](#).

For more detail on the NC DPI MTSS framework, please see the [MTSS Live Binder](#). Additionally, you can visit the [NC MTSS wikispace](#) for the most up to date information on District or Charter level support, MTSS Twitter Chats, and archived communication. If you’d like to receive additionally monthly updates, join the MTSS Listserv [here](#).

If you have an item that you would like to share, please email the information to cynthia.floyd@dpi.nc.gov. Submissions should include the name and brief description of the opportunity with either a link or contact information for interested parties to obtain additional information. We are unable to include flyers, attachments, or for-profit information. The submission should be limited to 100 words or less. Items received after the monthly newsletter has been distributed will not be sent via a separate email on the listserv. NCDPI reserves the right to not include submissions deemed inappropriate for this newsletter.

ASCA's Helping Students in Troubling Times

Some school districts have been inquiring about resources to assist in supporting students who are concerned about deportation due to their or their families' immigration status. The [American School Counselor Association](#) has developed a [web page](#) with multiple resources related to this topic. The top of this [web page](#) includes specific strategy suggestions while the rest of the web page provides links to resources that may be helpful in addressing such challenges as student anxiety, school climate, tolerance, etc. Note that these are all suggested resources and school counselors should determine what would be most helpful at your schools based on student needs and local policies.



Resources

NC State Board of Education

<http://stateboard.ncpublicschools.gov/>

NC Department of Public Instruction (NCDPI)

<http://www.ncpublicschools.org/>

NCDPI School Counseling Web Pages

<http://www.ncpublicschools.org/studentsupport/counseling/>

NCDPI School Counseling Wiki Pages

<http://schoolcounseling.ncdpi.wikispaces.net/>

NCDPI School Counseling FaceBook Page

<https://www.facebook.com/ncdpi.schoolcounseling>

NCDPI School Counselor Evaluation Documents

<http://ncees.ncdpi.wikispaces.net/Support+Staff>

NCDPI Guidance Essential Standards

<http://www.ncpublicschools.org/curriculum/guidance/>

NCDPI School Counseling PLC Google + Community

<https://plus.google.com/u/0/communities/106752114909041161445>

NC Graduation Requirements

<http://www.ncpublicschools.org/gradrequirements/>

NC Student Information System (PowerSchool)

<http://www.nc-sis.org/>

NCDPI Online Professional Development

<https://rt3nc.org/>

NC Center for Safer Schools <https://www.ncdps.gov/index2.cfm?a=000003,002476,002689>

College Foundation of NC

<http://www.cfnc.org/>

NC School Counselor Association

<http://ncschoolcounselor.org/>

American School Counselor Association

<http://www.schoolcounselor.org/>

NC Counseling Association

<http://nccounselingassociation.org/>

Center for School Counseling Outcome Research and Evaluation <http://www.umass.edu/schoolcounseling/>

ACT

<http://www.act.org/>

College Board

<https://www.collegeboard.org/>

Donors Chose

<http://www.donorschoose.org/>

Elementary School Counselor

<http://www.elementaryschoolcounselor.org/>

Middle School Counselor

<http://www.themiddleschoolcounselor.com/>

School Counselor.Com

<http://www.schoolcounselor.com/>

Best in School Counseling: Our Favorite Web Sites <http://www.ncpublicschools.org/studentsupport/egroup/>

The Counseling Geek

<http://www.thecounselinggeek.com/>

National Consortium for School Counseling and

Postsecondary Success <http://www.ncscps.org/>

Aunt Bertha (social services search engine)

<https://www.auntbertha.com/>

The school counseling consultant at the NC Department of Public Instruction makes every effort to provide relevant, timely information to stakeholders, collected from numerous state and national sources. The inclusion of items in this update does not imply the endorsement or verification of accuracy by this agency.