

## Windham Helping Hands, Inc.

Windham Helping Hands, Inc. is a non-profit corporation established in 2003. WHH is comprised of all four Windham school counselors, the school Resource Officer, the town of Windham Human Resources Coordinator, a Fire Department representative and two town community volunteers.

WHH works to create and encourage a positive educational experience and develop self esteem through a variety of efforts including:

- \* "Back to School" Clothing Drive
- \* Thanksgiving Baskets
- \* Giving Trees/Toy Drives
- \* Baskets of Cheer
- \* Development of relationships with Windham businesses who can contribute to our goals
- \* Provide ongoing support for families through community donations
- \* Emergency Assistance

## Advisory

The WMS advisory program will help bridge the gap between childhood and adolescence through thoughtful guidance from adult advocates. Advisory will be recognized for fostering mutually respectful and meaningful connections between students, teachers, and administration while promoting self-advocacy. Advisories will be a catalyst for maintaining a positive, tolerant, peaceful, and empathetic school culture.

Windham Middle School will have Advisory four days a week during the day. Each day students and Advisors will have an activity that they will participate in for 20 minutes. Each month would have a theme of activities that would tie into these activities. In the following months we will need to:

Superintendent of Schools  
Henry E. LaBranche - Interim Superintendent

Amanda Lecaroz, CAGS -Assistant Superintendent

Business Manager  
Adam Steel - Business Administrator



# GUIDANCE



## **Windham Middle School**

Dan Moulis- Principal

Brenda Morrow- Assistant Principal

Elizabeth Jodoin - Counselor Gr. 6 & 7  
(Team Attitash)

Amy Wagoner- Counselor Gr. 7 (Team Loon)  
& 8

112A Lowell Road

Windham, New Hampshire 03087  
(603)893-2636

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## Windham School District Guidance

The positive, preventative aspects of guidance and counseling can have long-term effects on student attitudes, knowledge, and decision making, leading them to effective study skills, good citizenship, and greater productivity.

Our efforts are enhanced as home and school work as a team toward the same goals. As school counselors, we are able to work with students fostering mutual respect, cooperation, responsibility and self-reliance.

Golden Brook School 898-9586

Center School 432-7312

Middle School 893-2636

## Who Are the School Counselors?

Sally Hunt, M.Ed	Goldenbrook
Julie Lichtmann, M.A, CAGS	Center School
Allison Sprankling, M.Ed	Center School
Elizabeth Jodoin, M.Ed	WMS 6 & 7
Amy Wagoner, M.Ed	WMS 7 & 8
Christi Dunn M.Ed	WHS A-K
Kellie Steward M.Ed	WHS L-Z
Tom Wodbury	WHS (Dean of Guidance)

The school counselor is someone who wants your child to get the most out of school and life. The school counselor is specially trained and certified by the state of New Hampshire to help your child with academic success and social/emotional well-being. The following topics are addressed in classrooms, group settings, or on an individual basis:

- \*anger management
- \*behavioral adjustment
- \*body image
- \*bullying
- \*coping skills
- \*conflict resolution
- \*decision making
- \*friendship issues
- \*grief counseling
- \*peer pressure
- \*social skills
- \*risk assessment
- \*stress management
- \*wraparound
- \*walking
- \*refusal skills
- \*school adjustment
- \*self esteem
- \*self awareness
- \*problem solving

## Guidance and Counseling

Windham School District's Guidance & Counseling program is a vital, essential part of the educational process for all students. This program is designed to meet student needs by helping them acquire skills which are necessary to meet the expectations of all their life roles- education, personal, social, and career. This program contributes to the overall educational mission of each school and is a function and responsibility of the entire school staff. Further, parents/guardians are encouraged to support their children academically and socially through home-school communication and cooperation.

Guidance can assist parents with behavior management, school progress, conference with teachers, family problems, social adjustment, and arranging resources. All information shared in a counseling relationship is treated with the deepest respect. Counselors have an ethical responsibility and a professional duty not to divulge information learned in a private interaction unless there are special and compelling circumstances, or a legal mandate to do so. All counselors in SAU #28 are trained and certified professionals who adhere to the ethical standards of the American School Counselor's Association.

Student Programs The following programs are offered by the counseling department during the school year:

- \*body awareness
- \*bullying
- \*character building
- \*decision making
- \*drug awareness
- \*internet safety
- \*outside counseling referrals

(Programs Continued)

- \*Junior Achievement
- \*Peaceful Playgrounds
- \*Peer Assistance
- \*peer helpers
- \*Peer Mediation
- \*personal safety
- \*tolerance
- \*transition planning
- \*\*health & hygiene
- \*Bullying Prevention/Intervention
- \*The programs are continually updated and tailored to meet the changing needs of the students, community and the world in which we live.

## Peer Assistance Program

The Peer Assistance Program, now in its 21st year, continues to enhance the lives of students at all three schools. Peer Assistants are recommended by teachers and carefully screened by the counselors and Peer Assistant representative at the end of 5th grade. These students are trained and serve for three years. The main criteria for recommendations include but are not limited to:

- \* Positive role model
  - \* Enthusiasm for program
  - \* High academic achievement
  - \*Empathy
- Peer Assistants are trained for 3 months and are required to participate in supervised training throughout the school year. These students are trained in:
- \*Self awareness
  - \*Conflict resolution
  - \*Social Skills
  - \*Assisting others
  - \*Responsibility