



Counselor's Corner



Dear Mary Paxton Keeley Families,

Welcome to the 2019-2020 school year at Mary Paxton Keeley Elementary! I am Sarah Sadewhite, the full-time school counselor here at Mary Paxton Keeley. I am very excited to be returning to Paxton Keeley for my 16th year here and my 18th year as an elementary school counselor in Missouri. Mrs. Davison is our part-time counselor who will be here in our building on Thursdays and Fridays.

As a school counselor in Missouri, I structure my day within the framework of the Missouri Comprehensive Guidance Program. The program provides four basic services: Guidance Curriculum (K-5 biweekly lessons), Individual Planning (assessment, guidance etc.), Responsive Services (individual counseling, small group counseling, crisis counseling, etc.) and System Support (family, teacher, staff and building support).

The curriculum we teach to students in their biweekly classroom lessons is divided into three areas: Personal and Social Development, Academic Development and Career Development. The Missouri Comprehensive Guidance Program, the district curriculum and other materials will be used for classroom presentations with students. We will teach lessons on personal safety, emotional regulation, empathy, bully prevention, differences & diversity, growth mindset, cooperation and respect as well as careers. The schedule of topics we teach is also available on the school website.

I provide individual and group counseling to students who have social/emotional, academic and/or career development issues that are interfering with their schoolwork. Some topics for groups may include coping skills, divorce, grief, anger management, stress management, social skills, academic skills, attention concerns, resiliency or self-confidence. Signed parental consent is required for individual or group counseling. If you believe that your student needs individual or group counseling, please let me know. I would like to discuss how to best work with you and your student.

In our school, I also have some other roles: advocacies for EEE (gifted program), student assistance team, student council (Comet Council), 504 planning, among others. I collect data on student progress to determine the effectiveness of interventions as well. I am also a member of several organizations and committees outside of school.

Counseling is an integral part of the total educational program. My goal is to assist and support your student in reaching his or her full potential - emotionally, socially and educationally. As a parent/guardian, you play the most important role in your student's success!

I am looking forward to a great school year! If I can be of any assistance to you, please contact me at (573) 214-3570 or via email at ssadewhite@cpsk12.org.

Thank you!

