

Meet Your Counselor



My name is Siara McWilliams, and I am joining the Rice family as the new counselor this year. I graduated from Colorado State University with a

Bachelor of Science degree in Psychology and a Master of Education degree with an emphasis in School Counseling. I have worked with elementary school students for over 5 years and love it more every day. I am a Colorado native and enjoy exploring this beautiful state whenever I can.

I love working together with students to help them find ways to be their best selves in and out of the classroom. Watching them learn and grow during these foundational years brings me such joy. I am so excited to start connecting with students and their families!

Please feel free to contact me if you have any questions or concerns.

Contact Me!

Siara McWilliams, M. Ed.
Counselor
970-488-8734
smcwilliams@psdschools.org
Room 131

Main Office
970-488-8700
7000 Third Street
Wellington, CO 80549



Rice
Elementary

School Counseling Services

Parent/Guardian Guide
2018-2019

Rice Vision:

"In our supportive environment, students will use academic skills, develop thinking skills, and become confident, empowered learners."

What is School Counseling?

Elementary school is a time when students are developing knowledge, attitudes, and skills to become successful life-long learners. School counselors help by assisting students in four areas: academic, personal, social-emotional, and career exploration.

School counselors work as a team with school staff, parents, and students to create a positive, open place for students to learn the necessary skills to become healthy, competent, and confident learners.

The school counseling program at Rice Elementary is a proactive, developmental, empowering program for **ALL** students. Counselors provide education, prevention, and intervention services.

Services include classroom lessons, individual/small group counseling, conferences, referrals, and community outreach.



This program is designed according to national counseling standards.

Common Topics Addressed

- Second Step Curriculum
- Academic Improvement
- Coping Skills
- Social Skills/Friendship
- Anxiety
- Anger-Management Skills
- Problem-Solving
- Conflict Resolution
- Anti-Bullying
- Home & School Safety
- Family Concerns
- Test and Assessment



Your support & cooperation can help your child have a rewarding school experience here at Rice.

Providing Support



For students:

- Teach skills through small groups
- Brainstorm strategies to use with teacher in class
- Individual Meetings
- Classroom Lessons
- Section 504 accommodations when necessary

For families:

- Collaborate to find ways to help your child succeed
- Brainstorm strategies to improve parent-child communications
- Connect to community resources
- Parent Consultations

It is my hope that parents & students feel open to use these services. I look forward to working with you this school year!