

MEET THE COUNSELOR

Mrs. Proyston

MY FAMILY



Husband- Ben

Daughter- Mary Brooks, First Grader at LSA

Briggs- 2 years old

I am excited to start my 10th year at Lee-Scott!

CONTACT INFO

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MY MISSION

To support the school mission by helping students reach their full potential through fostering and supporting families, teachers, and students spiritually, socially, and academically in Christ-centered counseling and standards based curriculum. Our students will gain the skills necessary to be the best learners, friends, and citizens they can be.

WHAT SERVICES DO I PROVIDE?

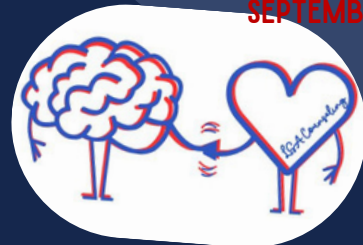
- Classroom Guidance Lessons
- Small group counseling
- Short term individual Counseling
- Consultation with teachers, parents, and administrators
- Referral for outside services

SCHOOL COUNSELORS...

- Provide a comprehensive program that meets the academic, personal-social, and career needs of ALL students while having a spiritual emphasis.
- Work confidentially with students and inform stakeholders of critical information on a "need to know" basis.
- Implement effective interventions for students, but are not therapists or miracle workers.

COUNSELING Connection

SEPTEMBER



WARRIOR WORD OF THE MONTH

September Warrior Word **COURAGE**

Courage is being strong enough to do what you know is right, even when it is difficult.

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31:8

Our Warrior Word for the next three months will coordinate with the school wide read aloud, The Little Pilgrim's Progress. Families are challenged to learn the word and bible verse together!

UPCOMING EVENTS

Protect Young Eyes w/ Chris McKenna
October 29 @ 5

LSA
SAVE the DATE
WEDNESDAY, OCTOBER 29 | 5:00PM



DIGITAL DISCERNMENT:
THE 5 HABITS OF A
TECH-READY HOME
IN AN UNFILTERED WORLD
FEATURING CHRIS MCKENNA
FOUNDED BY
PROTECT young eyes

CHILDCARE WILL BE PROVIDED.

This is a night you don't want to miss!

MONTHLY HIGHLIGHTS

K4

Listening and Following Directions

I CAN BE A GOOD LISTENER



- Ask your child about Tommy the puppet.
- Student Challenge: Listen and obey the first time!



Kindergarten

Tattling vs Reporting

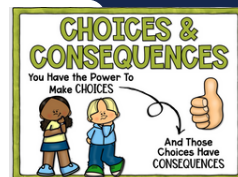
- Ask your child about the book we read- "A Bad Case of Tattle Tongue"
- Ask your child about Tattle Turtle and Reporting Rabbit.



First Grade

Making Helpful Choices

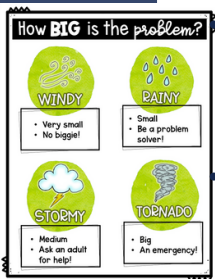
- Our choices and how they impact others around us.
- Ask your child about a kind choice they've made.



Second Grade

How Big is the Problem?

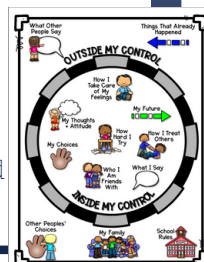
- Ask your child about how we compared our problems to weather.
- This helps us determine how to handle the problem.



Third Grade

Circle of Control

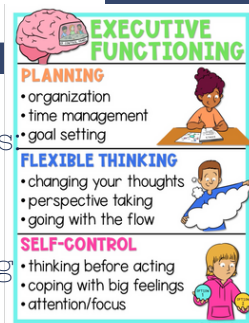
- What is in and out of my control and how does this help me?
- Ask your child about this!



Fourth Grade

Executive Functions

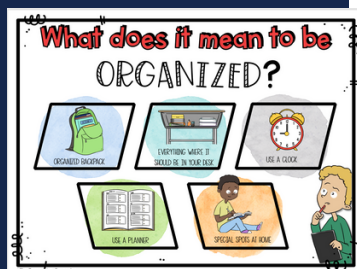
- Planning
- Self Control
- Flexible Thinking
- Ask your child which one of these they want to get better at.



Fifth Grade

Staying Organized & How this Helps with Following Directions

- Ask your child about their two goals (action plan) for staying organized this year.

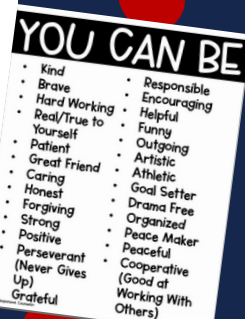


Sixth Grade

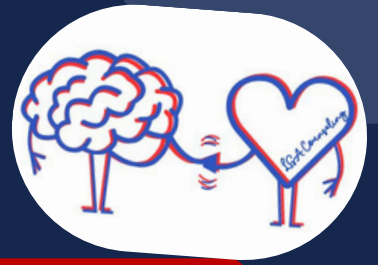
Reputation & What the Bible Says About It

- Who do you want to be?
- Ask your child about the 3 character traits they chose for themselves.

A GOOD NAME IS MORE DESIRABLE THAN GREAT RICHES
PROVERBS 22:1



PARENT Resources



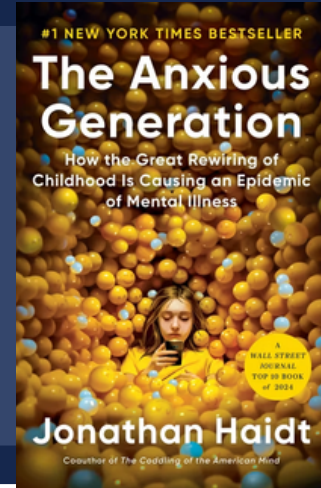
TO LISTEN



Core Essential Values: Parenting with Courage

Parenting is hard!
Help empower your
child with Godly
courage to do the right
thing, even when it's
hard.

TO READ



As we prepare to hear from
Chris McKenna in October, I
would highly encourage you to
read this book.

Big take aways:

- Childhood shifted around 2010–2015 when smartphones and social media became central to kids' lives.
- Rates of anxiety, depression, and self-harm—especially among teen girls—have skyrocketed since the rise of smartphones and social media.
- Sleep deprivation, cyberbullying, constant comparison, and loss of in-person connection contribute to declining well-being.
- We must change this for our kids!

TO LEARN



Visit the Protect Young Eyes Website for great resources to download.

A great article (linked below) written by Chris McKenna:

Kids See Too Much Too Soon

We must remember that every time we hand a kid a **smartphone**, we're asking them to **consistently** exercise a level of self-control that **we never had** as a child.

#delayistheway



TO WATCH



Watch on:

