



Counselor Corner



Hello Saint John Families,

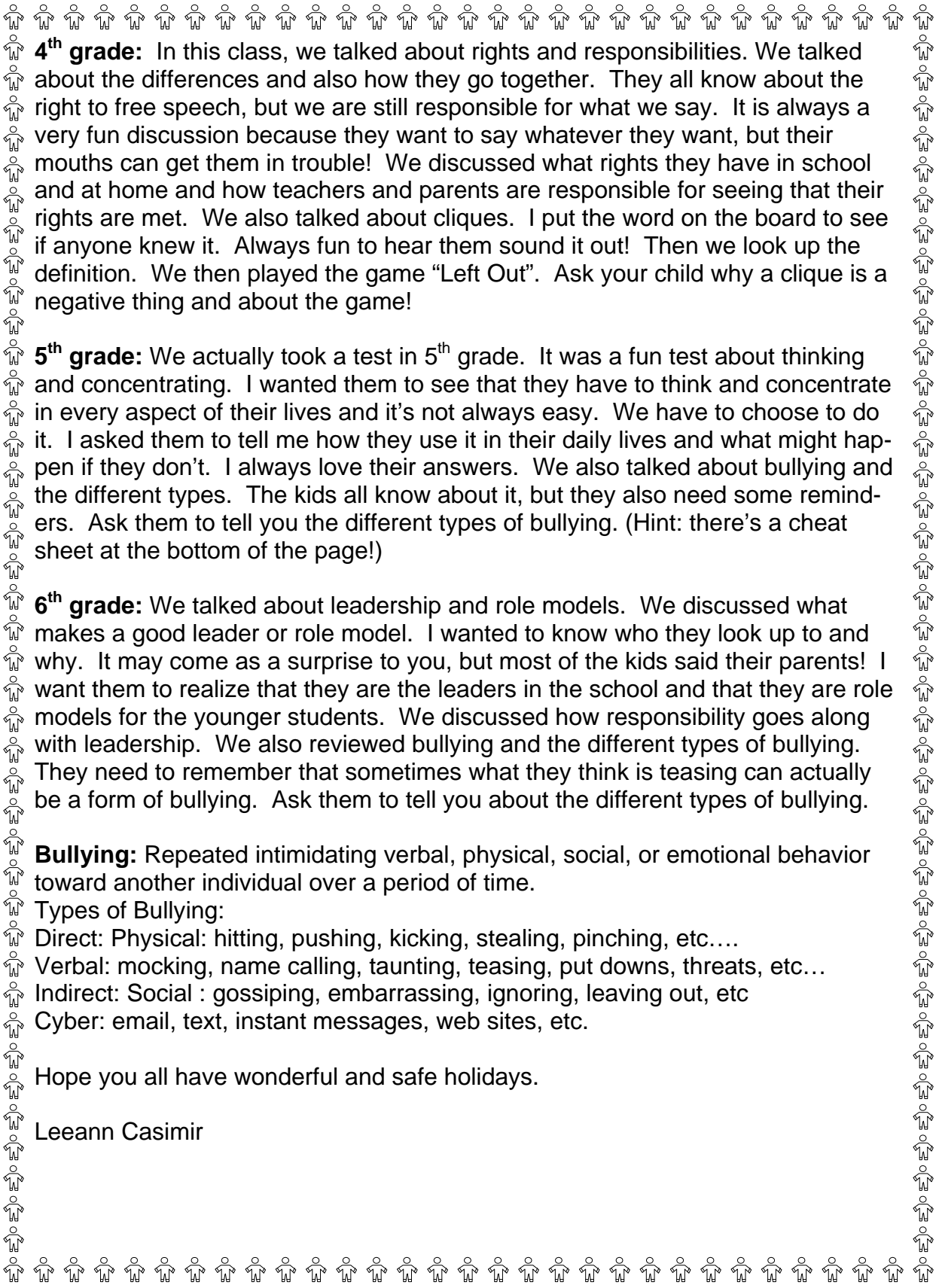
I am happy to be starting at St. John the Baptist School this year. I have enjoyed my time providing Guidance Counseling at Catholic Schools through Catholic Charities both in the Diocese of Madison and the Diocese of La Crosse. I am a Licensed Professional Counselor with over nineteen years of experience in mental health and have worked with children and their families in many settings over those years. I live in Madison with my husband and six year old son. I am looking forward to this school year and getting to know everyone.

Kay Cram

Background Information about Ms. Cram

Kay Cram is a Licensed Professional Counselor with an M.S. degree in Guidance and Counseling with over nineteen years of experience in the mental health field including work within Catholic Schools. She has provided individual, family, and group counseling for children and adolescents in a variety of settings. Through Catholic Charities she has provided school counseling and consultation to Catholic schools in the Diocese of Madison and the Diocese of La Crosse. She has worked with students through individual and group counseling and classroom guidance. She has also provided consultation and supportive services to teachers, other school staff, and parents. In addition to school guidance, Kay works at the UW coordinating trainings on the latest research and best practices in mental health and substance abuse as well as providing technical assistance to counties throughout Wisconsin.

Ms. Cram will be in the buildings on Mondays beginning September 13th.



4th grade: In this class, we talked about rights and responsibilities. We talked about the differences and also how they go together. They all know about the right to free speech, but we are still responsible for what we say. It is always a very fun discussion because they want to say whatever they want, but their mouths can get them in trouble! We discussed what rights they have in school and at home and how teachers and parents are responsible for seeing that their rights are met. We also talked about cliques. I put the word on the board to see if anyone knew it. Always fun to hear them sound it out! Then we look up the definition. We then played the game “Left Out”. Ask your child why a clique is a negative thing and about the game!

5th grade: We actually took a test in 5th grade. It was a fun test about thinking and concentrating. I wanted them to see that they have to think and concentrate in every aspect of their lives and it’s not always easy. We have to choose to do it. I asked them to tell me how they use it in their daily lives and what might happen if they don’t. I always love their answers. We also talked about bullying and the different types. The kids all know about it, but they also need some reminders. Ask them to tell you the different types of bullying. (Hint: there’s a cheat sheet at the bottom of the page!)

6th grade: We talked about leadership and role models. We discussed what makes a good leader or role model. I wanted to know who they look up to and why. It may come as a surprise to you, but most of the kids said their parents! I want them to realize that they are the leaders in the school and that they are role models for the younger students. We discussed how responsibility goes along with leadership. We also reviewed bullying and the different types of bullying. They need to remember that sometimes what they think is teasing can actually be a form of bullying. Ask them to tell you about the different types of bullying.

Bullying: Repeated intimidating verbal, physical, social, or emotional behavior toward another individual over a period of time.

Types of Bullying:

Direct: Physical: hitting, pushing, kicking, stealing, pinching, etc....

Verbal: mocking, name calling, taunting, teasing, put downs, threats, etc...

Indirect: Social : gossiping, embarrassing, ignoring, leaving out, etc

Cyber: email, text, instant messages, web sites, etc.

Hope you all have wonderful and safe holidays.

Leeann Casimir