

Jaguar School Counseling
August/September Newsletter

We're Back!

Hello and welcome from your School Counselor, Mrs. Creamer.



What does a school counselor do anyway? We play a vital role in supporting students' academic, social, emotional, and career development. At Salisbury Academy I work with students of all ages, from elementary school to high school providing guidance and support to help students succeed in all aspects of their lives through classroom lessons, small groups, and short-term, solution-focused individual counseling.

AUGUST 2025
NEWS & UPDATES



Student Self-Referrals

One of the most important attributes of an effective school counselor is to be accessible! With so many students and only one of me, I have made it super simple for students to make self-referrals whenever they are feeling BIG feelings. Lower school has a letter/mailbox system I check daily to make sure anyone who needs extra support gets in in a timely manner. Middle and Upper School have access to a Google Form in their Google Classroom that sends me a notification instantly.

Novant Telepsychiatry Partnership

Salisbury Academy has officially secured a partnership with Novant designed to address needs related to mental health services. You can think of it like VIP access to services such as Crisis/Inpatient Stabilization, Behavioral Health Assessments, Safety Planning, Case Management, and Bridge Therapy Support. We are lucky to be the **ONLY** school in Rowan County to offer this access. *Did I mention these services are completely free to our families?* Because, they are!



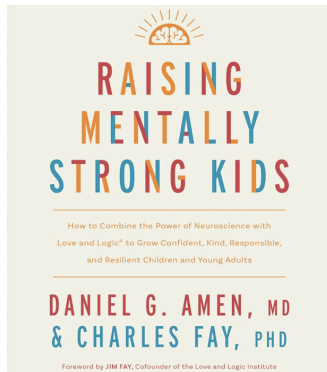
Mini-Academies

Ask your middle schooler about Salisbury Academy's Mini-Academies! Think of it as a short-term, intensive enhancement class where students acquire expert-level skills and coaching in the following areas: Leadership, Diplomacy, Advocacy, Future Readiness, Organizational Psychology, and Mindfulness. Each Mini-Academy lasts four weeks through a lottery style selection process.

SEPTEMBER 2025
LOOKING AHEAD

Coffee with Creamer

Introducing “Coffee with Creamer”! I will be hosting a bi-monthly open coffee date with parents of ALL grade levels. This is an opportunity for us to be together and chat about what is new with your students. Use this time to drop-in, grab a cup of coffee, and say hello. Our first coffee date will be **Friday, Sept 5th from 7:45-8:30am in the Main Campus Library.**



2025-2026 Book Club

Last year, Salisbury Academy focused on Jonathon Haidt's *The Anxious Generation*. Join us this year as we read, consider, and discuss *Raising Mentally Strong Kids* by Charles Fay and Daniel Amen.. This book discusses “how to combine the power of neuroscience with love and logic to grow confident, kind, responsible, and resilient children and youth adults.”

NCAIS Community Event

We are excited to host you as well as the greater Rowan community on **September 25th at 7pm in our brand new Community Center** as a part of the NCAIS Parent Series. Throughout the year, NCAIS Parent Series will include six exceptional webinars addressing various topics designed for school parents and caregivers in all stages of their children's growth. First up, we will hear from author and host of the Ask Lisa Podcast, Lisa Damour, as she presents *School Skills: Setting Kids Up for Success*.

