

COUNSELING CORNER

SEPTEMBER 2025



Counseling at Meridian

Welcome to a New Year

Welcome to the first edition of Counselor Corner! This will be a space where we share updates, resources, and highlights from the counseling crew to support students' growth, well-being, and success. Together we grow hearts and minds!

The Meridian Lodge

The Lodge is a universal skills-building space accessible to all students. Our goal is to focus on student self-awareness and self-regulation. Guidance Technicians are in the lodge to guide and support students as needed.



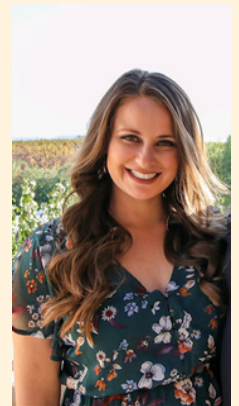
Guidance Technicians

This year we are pleased to announce that we were able to add an additional Guidance Technician to our growing Counseling Crew! They are supporting students in the Lodge and at recess promoting problem solving strategies outside of the classroom. We are so excited to have Ms. Bri and Mrs. Katie be part of our Mountain Lion Family.



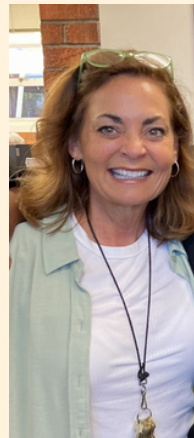
Mrs. Dianna Sorahan

Hello! My name is Dianna Sorahan, and I am excited to serve as the Systems Counselor this year. My focus will be supporting our schoolwide Tier 1 Social Emotional Learning so that every student feels a strong sense of belonging here at Meridian.



Ms. Laurel Fielding

Hello! My name is Laurel Fielding, and I am delighted to be joining the counseling team at Meridian Elementary. It is truly an honor to partner with students and families, and I am looking forward to supporting every child in growing, thriving, and making the most of their school experience.



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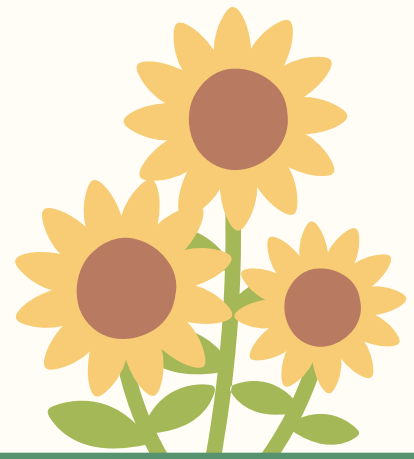


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COUNSELING CORNER

NOVEMBER 2025



Counseling at Meridian

Trimester 1

Can you believe that Trimester 1 is already over? We feel like time is flying by. We hope that you all have a wonderful fall break, and we look forward to seeing your students back at school on December 1st. Tier 2 supports will be wrapped up by 11.20.25. In this edition of the Counseling Corner we will share some of our favorite highlights and upcoming events.

Upcoming Family Friday Workshop

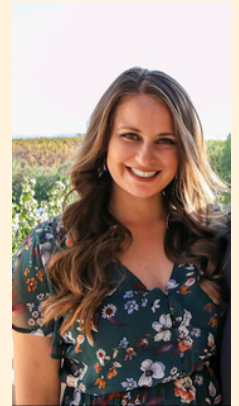
On December 5th we will host our first counseling workshop of the year. The workshop will be held during our monthly Family Friday at 9am. We will be sharing about our new Skills Space, The Lodge, and looking for parent feedback. You can find more information about the workshop in the Skills Space Tab to the left. We hope to see you there!

Red Ribbon Week & You Belong Week

In the beginning of the year we host week long events that all students participate in. You might remember these from our festive dress-up days. You Belong Week promotes kindness in our school community and encourages students to reflect on the strengths that they have to offer. During Red Ribbon Week, we focus on healthy choices and saying "No!" to drugs. We hope that you were able to join us on our community walk or for the Halloween Parade, it was a blast!

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