

## CCS Student Services

### Mission

Student Services is committed to supporting the instructional process by identifying and eliminating barriers to learning, advocating for the needs of the whole child, and empowering all students to become lifelong learners in the 21st century.



**CUMBERLAND  
COUNTY SCHOOLS**

**Student Services**

## CCS STUDENT SERVICES

### FOCUS AREAS:

[Counselors](#)

[Health Services](#)

[Military Connection](#)

[Psychological Services](#)

[Social Work Services](#)

[Student Support](#)

[Services](#)

[CUMBERLANDSEL@HOME](mailto:CUMBERLANDSEL@HOME) –  
[COVID-19 INFORMATION AND](#)  
[RESOURCES](#)

Click on each poster for more information.  
[To get to your school's Focus Area Classrooms, click here.](#)





Clicking on this heart on each page will bring you back to this home page.



**There are multiple links on every page that will take you to a video, book, or activity.**

Gray's Creek Elementary

FOCUS AREA

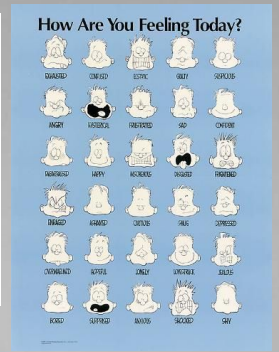
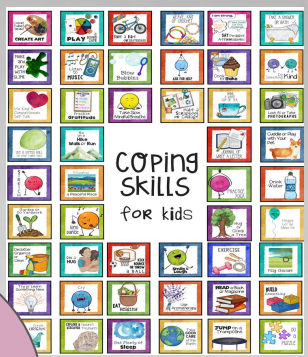
CLASSROOMS:

Mrs. Simmons's  
Counselor Rooms  
Psychological  
Services Rooms  
Social Work Services  
Room  
Military Family Life  
Counselor

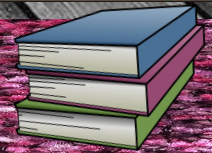




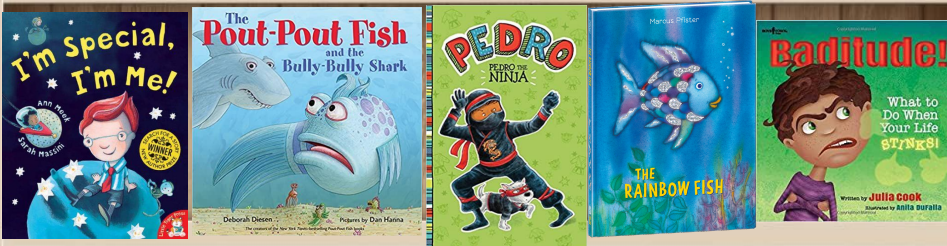
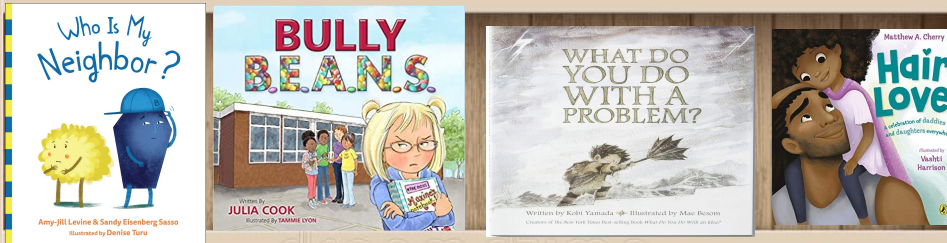
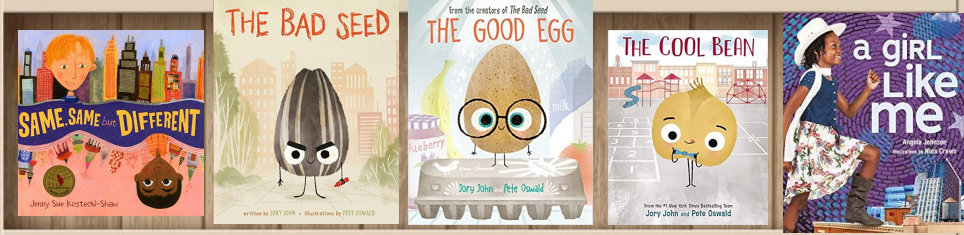
Jaime Simmons  
 jaimesimmons@ccs.k12.nc.us  
 Phone 910-302-6501



Explore my office by clicking on different objects.





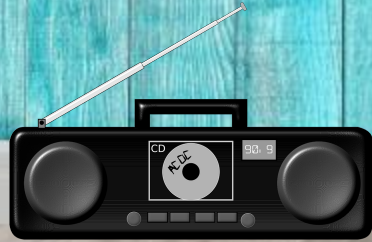




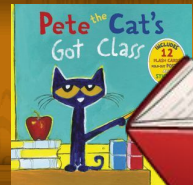
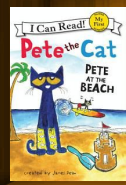
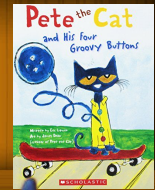
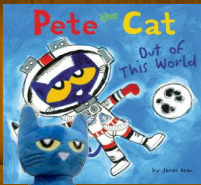
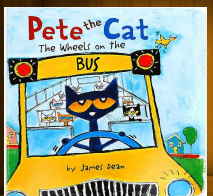
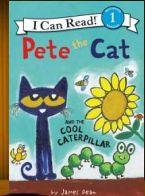
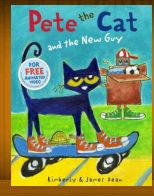
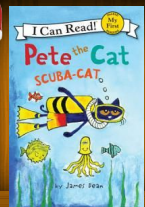
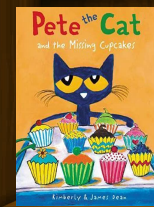
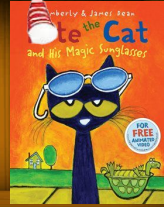
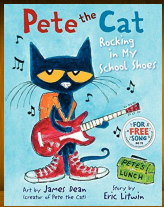
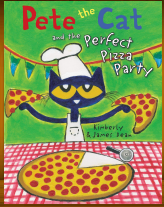
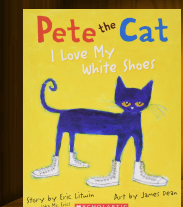
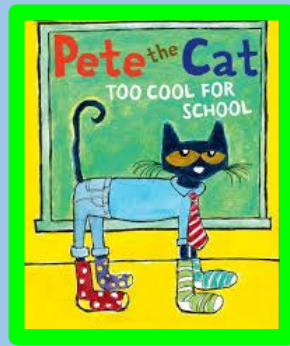
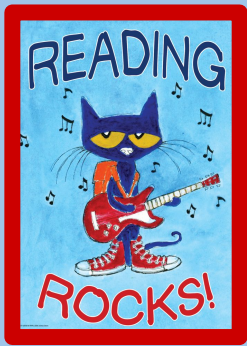
# Take a Deep Breath & Reset

## GRATITUDE PROMPTS

1. My **strength** of mine for which I am grateful for is...
2. Something money can't buy that I'm grateful for is...
3. Something that **conflicts** with that I'm grateful for is...
4. Something that's **scary** for which I'm grateful for is...
5. Something **irritating** that I'm grateful for is...
6. **Unnecessary** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. My **favorite** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...



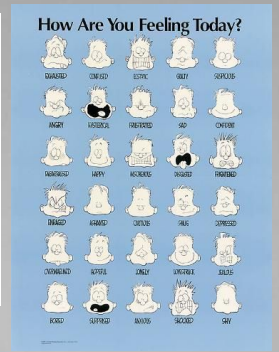
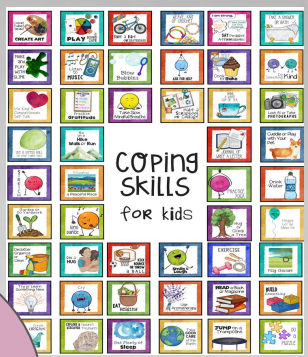




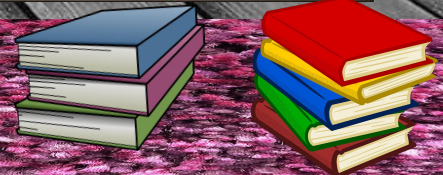




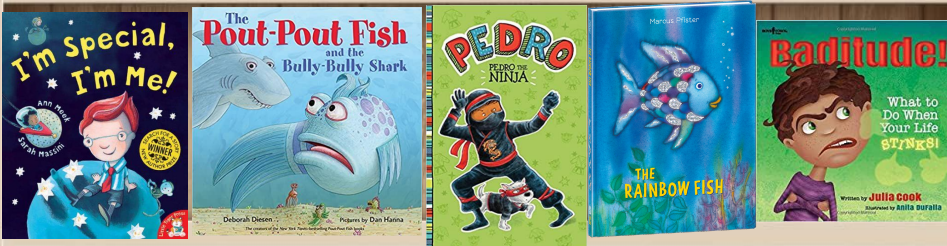
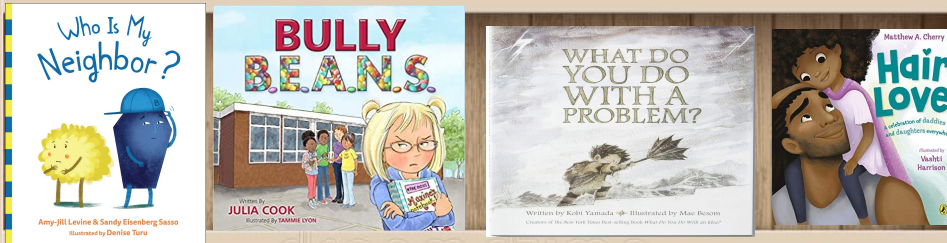
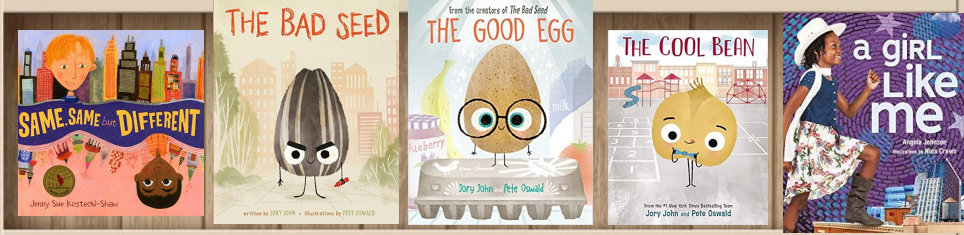
Jaime Simmons  
 jaimesimmons@ccs.k12.nc.us  
 Phone 910-302-6501



Explore my office by clicking on different objects.









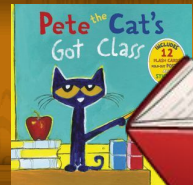
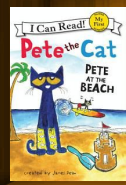
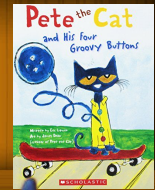
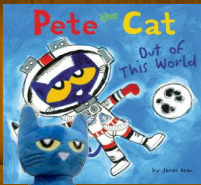
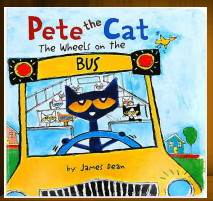
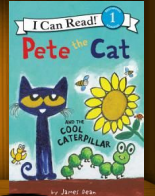
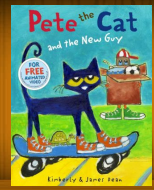
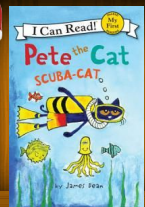
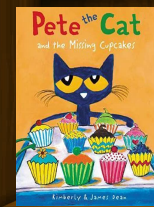
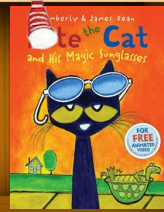
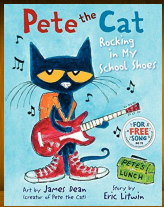
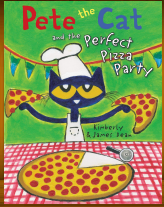
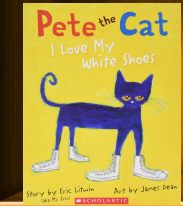
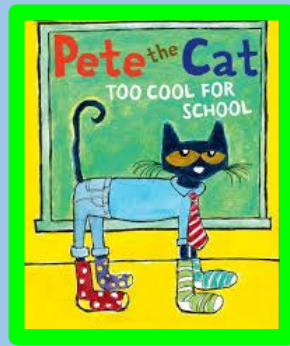
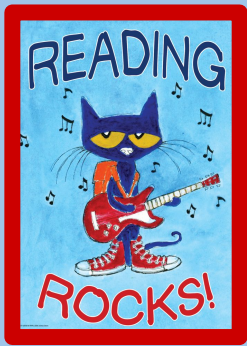
# Take a Deep Breath & Reset

## GRATITUDE PROMPTS

1. I'm grateful for my **strength** of mine for which I am grateful for is...
2. Something money can't buy that I'm grateful for is...
3. Something that **conflicts** with that I'm grateful for is...
4. Something that's **scary** for which I'm grateful for is...
5. Something **irritating** that I'm grateful for is...
6. **Necessary** I'm grateful for is...
7. Something that **challenges** that I'm grateful for is...
8. A **challenge** that I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...















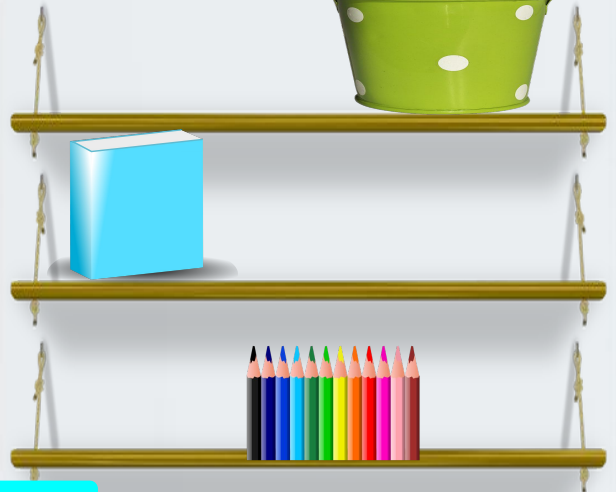




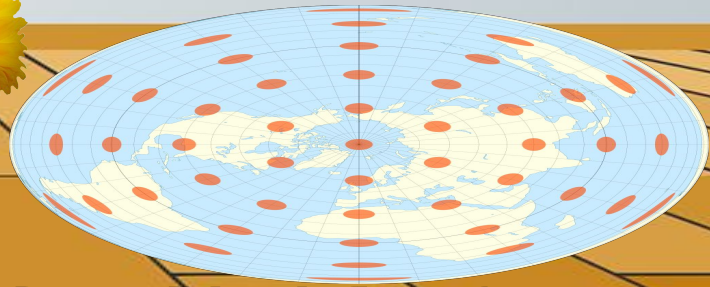
**WELCOME TO  
MRS. SYKES  
VIRTUAL OFFICE**

[SHANNONSYKES@CCS.K12.NC.US](mailto:SHANNONSYKES@CCS.K12.NC.US)

Click on the objects in the room for resources  
and fun links!



**Check In  
with  
Mrs. Sykes**



**Parents click on the flowers for resources**



Mrs. Sabata  
School Psychologist  
Students and parents: click  
on objects to find links.  
[About me!](#)

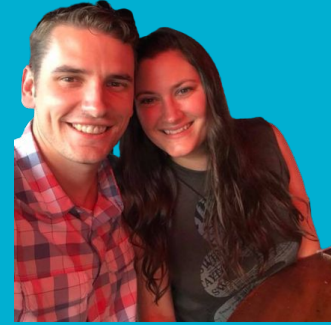
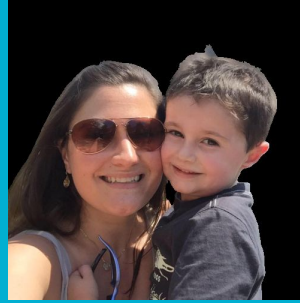




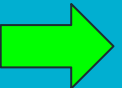


# About me!

---



Hello friends! This is my 12th year as a School Psychologist and my 2nd year in Cumberland County Schools. Some fun facts about me: I was born in Alaska. I LOVE animals and have 2 dogs, 10 chickens, 3 chinchillas, and 3 rabbits. I also love working with kids! I live in Parkton with my husband who is an Apache pilot for the Army, my 8 year old son, and my mama. I also have a 13 year old bonus daughter who lives in Germany.



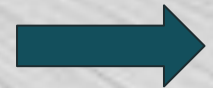
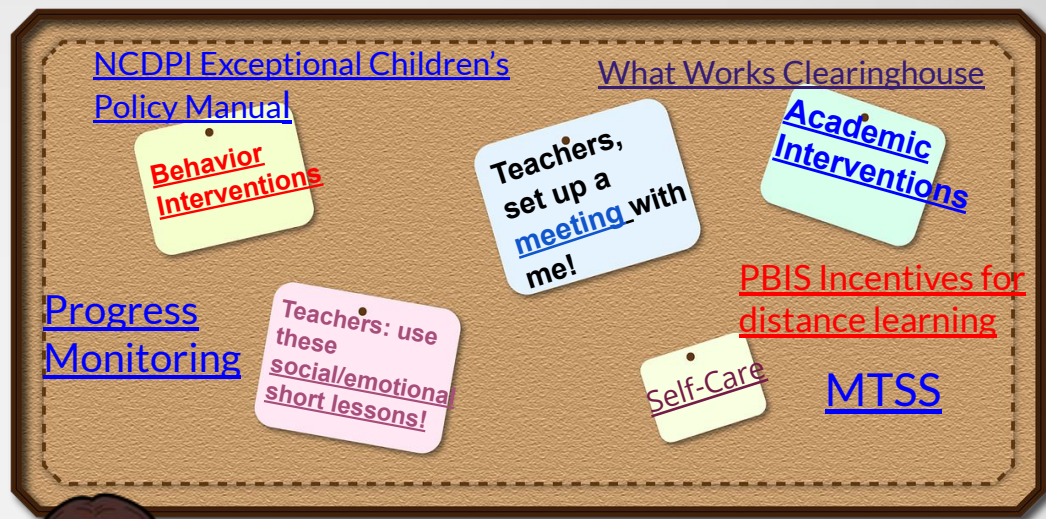


**Hello Teachers!** I am excited to be your school psychologist for the 20-21 school year. I know you are all working hard, and doing a great job. I can't wait to help you continue to do so!

Here are a few ways that I can help you navigate virtual learning and managing students:

- ❖ Behavior intervention ideas
- ❖ Academic intervention ideas
- ❖ Private consultation session with teachers for advice and suggestions
- ❖ Professional Development (e.g. educational disabilities, MTSS, etc.)
- ❖ MTSS support (Multi-Tiered Support System)
- ❖ BIP adjustments and intervention ideas

Look around my office for helpful resources and use the link to set up a meeting with me whenever you feel one is needed. I will do my best to respond within 24 to 48 hours.







# Links for Parents:

## Distance Learning:

— <https://www.common sense media.org/blog/tools-to-help-kids-stay-focused-during-distance-learning>

## Emotional Regulation:

[https://www.additudemag.com/emotional-regulation-skills-adhd-children/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=parent\\_august\\_2020&utm\\_content=081520&goal=0\\_d9446392d6-0ed3222ee3-301520002](https://www.additudemag.com/emotional-regulation-skills-adhd-children/?utm_source=eletter&utm_medium=email&utm_campaign=parent_august_2020&utm_content=081520&goal=0_d9446392d6-0ed3222ee3-301520002)

**AD/HD:** <https://www.additudemag.com/category/parenting-adhd-kids/>

## Autism:

<file:///C:/Users/kristin%20sabata/Dropbox/School%20Psych%20stuff/Autism%20Spectrum%20Disorders/Parents%20guide%20to%20evidence%20based%20practices%20for%20autism.pdf>

## Learning disabilities:

<https://www.nclld.org/news/state-of-learning-disabilities/understanding-learning-and-attention-issues>



# WHEN I FEEL UPSET, WORRIED, OR DISAPPOINTED, I CAN



Visualize a peaceful place



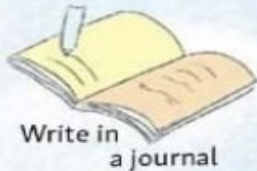
Play with modeling clay



Listen to relaxing music



Draw how I feel



Write in a journal



Look at my glitter jar



Go outside



Stretch



Make a fist,



then relax



Jump on a trampoline



Do yoga poses



Do a puzzle



Paint



Do a silly dance



Place an ice pack on my neck



Read a book



Pet my animal



Use a weighted blanket



Take a warm bath

Have some alone time



Build something



Take 10 deep breaths

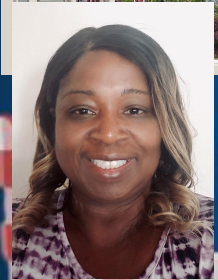


Hum or sing a song



Give someone a hug





**Ms. Linda Sealey, MA, LCMHC, MFLC  
Military Family Life Counselor**

**sealey1@magellanhealth.com**

**Available Mon-Fri 8:00am-3:30pm  
Phone: 910-734-5527**

