



Ms. Jena Antonelli
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Schedule: Monday, Wednesday, Thursday



Dear Parents/Guardians,

Hello! I am very excited to be joining Saint Andrew as the LIU school counselor. A little about my career - I received a Bachelor in Science in Education degree from Indiana University of Pennsylvania. From there, I taught high school for 8 years in several school districts located in North Carolina, Virginia, and Pennsylvania, as well as coaching several athletic teams and advising student groups. I recently received my Masters in Education with a specialization in school counseling from Shippensburg University. I am really looking forward to working with you and your child!

A little about myself - I grew up in Pittsburgh, PA. I come from a large family, and I am very family oriented. I enjoy traveling and learning about new places. My hobbies include anything outdoors, such as hiking with my dog. I also enjoy volleyball, basketball, and yoga.

As a school counselor, I am passionate about helping students become advocates for themselves and to develop positive and healthy lifestyles. Below are ways I can service you and your child.

I am here to help your child with:

- *Managing feelings and stress
- *Feeling good about themselves
- * Learning how to make good decisions
- *Setting goals
- *Dealing with peer pressure and bullying
- *Managing conflicts

I am here to assist parents with:

- *Exploring ways to help your child succeed
- *Supplying reference materials
- *Information to better understand child's needs
- *Referrals to community resources

As the LIU school counselor, I can provide individual, group, and classroom counseling services. Student referrals for individual and group counseling can be submitted by teachers, administrators, parents/guardians, and from the students themselves. Parental/guardian permission is needed to provide consistent counseling services. Please note that school counselors do not provide "therapy" or "traditional counseling".

Thank you for taking the time to read this letter. On the back of this page is a list of FAQs. I look forward to working with you to help your child reach their fullest potential! Please do not hesitate to contact me with any questions or concerns.

Jena Antonelli

FAQ's

Is something wrong if my child has been referred to the school counselor?

No, school counselors are an additional resource for your child. We assist academic, personal, social, and career related goals. Many individuals make strides to improve aspects of their life, such as physical health. Counseling is a way to focus on other important areas too!

Can the school counselor diagnose my child?

No, I cannot diagnose. I can offer tools, resources, and referrals to various professionals.

Can I discuss my child with the school counselor?

Yes, I believe in understanding children holistically and working closely with the families. You know your child well and I value your perspective and input. The best way to reach me is by email or phone.

Will the school counselor tell me everything my child said during counseling sessions?

No, according to the American School Counselor Association (ASCA), students are offered confidentiality with a few exceptions: (1) threat of self-harm (2) threat to harm others (3) suspected/reported abuse.

Will my child miss a lot of instruction time if they are seeing the school counselor?

No, counseling sessions will be determined by both the classroom teacher and student schedules. As a former teacher, I understand how important it is for students to be in the classroom.

How do I refer my child to the school counselor?

Please contact me by phone or email to complete the LIU School Counseling Permission Form. Paper and electronic copies are available.