



Who's who at: **Sachem North**



Here at Sachem North we have an awesome staff available to help our students that are dealing with difficult times. Here are some of the awesome people that are here to help!

Teachers

All of your teachers are here to help you, day in and day out. *Teachers can:*

- Lend a listening ear
- Write you a pass to another professional in the building
- Mediate minor issues with classmates
- Discreetly move your seat or help you navigate an issue with a classmate
- Talk to your parents about an issue you are having at school
- Talk with administration about issues with peers that are recurrent or require immediate intervention involving safety or disciplinary action

Guidance Counselors

Guidance counselors are assigned to each student and their offices can be found in the "Octagon" near the main entrance. You can sign up to have an appointment with your guidance counselor at any time. *Guidance counselors can:*

- Lend a listening ear
- Mediate situations with peers 1-1 privately in their office
- Help you seek counseling both in and outside of school
- Help you with schedule changes
- Talk to your teachers for you
- Provide information and guidance on any and all issues that teens face regularly- they've got experience with it all!
- Help you make career and course choices
- Help connect you with organizations, peers, or mentors that fit you best

School Psychologist

Our school has three school psychologist. Generally you are recommended to see one of these professionals from your teachers or guidance first, but not always. *School Psychologists can:*

- Lend a listening ear
- Provide in-school counseling to students who may have issues at school that are preventing them from achieving their potential academically.

- Talk to you about how to help yourself or others that may be facing substance abuse problems, self-damaging thoughts, a difficult situation at home, and so much more.
- Provide you with resources on a variety of issues that teens face and help you seek help both inside and outside of school
- Help you brainstorm dialogue with your parents to communicate your needs more effectively
- Help you find a counseling group of peers who are facing similar problems in their lives and help you build a network of support here at school

School Social Worker

Here at our school we also have school social workers. They help connect the resources of our community to our students here at school. *School Social Workers can:*

- Lend a listening ear
- Help your family find resources and organizations that will secure housing that is in your price range or emergency housing and shelters in the case of homelessness
- Connect your family adjust to a new culture and connect your family with the resources that help families from new areas or countries and language courses
- Help connect your family to local resources for food pantries, food kitchens, and other programs available at school such as free and reduced lunch and breakfast
- Connect your family to other amazing community groups that can help any family with any problem, including family counseling, parenting courses, family mediation, assistance programs, and so much more
- Help YOU navigate all of these issues and not let them impact your academics

School Administrator

Our school administration can help you when you are having issues with another student that you feel is dangerous, have gone too far, or require disciplinary action. Often times, you will see a teacher or guidance counselor who will then connect you to an administrator. Each student is assigned a school administrator. School Administrators are principals or assistant principals. *School Administrators can:*

- Lend a listening ear
- Help you deal with situations you may think are harassment or bullying
- Help you deal with social media posts that are upsetting or hurtful towards you
- Help mediate a situation that may lead to a verbal or physical fight
- Help you in situations where illegal substances have been offered to you or given to you by another student
- Help you help a friend that is experiencing any of these issues