

# Our Vision

The Clear Sky Elementary counselors are dedicated to fostering an environment where every student can achieve their fullest potential, regardless of the path they choose to follow.

Whether a student aims to pursue higher education, embark on a career, or serve in the military, we will provide the resources, support, and guidance necessary to help them succeed and make meaningful contributions in society.

## Our Mission

The Mission of Clear Sky Elementary School Counseling Department is to provide a data-driven comprehensive school counseling program that sets the educational foundation for students to reach their individual potential. School Counselors facilitate actions to promote a positive collaborative community and safe student-centered school environment that fosters acceptance of diversity, empathy, and perseverance through all life's challenges helping the individual reach their full potential. School Counselors advocate for equity and equal access for all students so that they can achieve success in an ever-changing world.

## The CSE Counselor team:

Mindy Sabby  
Kindergarten  
[Msabby1@dcsdk12.org](mailto:Msabby1@dcsdk12.org)

Lynsey Karagan  
Grades 1-3  
[Lkaragan1@dcsdk12.org](mailto:Lkaragan1@dcsdk12.org)

Sophie Atwood  
Grades 4-6  
[Satwood1@dcsdk12.org](mailto:Satwood1@dcsdk12.org)



## Web Site:

[https://www.clearskyelementary.com/classrooms/intervention/school\\_counselorss](https://www.clearskyelementary.com/classrooms/intervention/school_counselorss)

# Clear Sky Elementary

1470 Clear Sky Way  
Castle Rock, Co 80109  
303-387-5900

# If Your Child Is Experiencing

- Worry or anxiety
- Sadness or depression
- Low self-esteem
- Difficulty regulating emotions
- Conflicts with friends or peers
- Behavioral concerns
- Difficulty being successful at school
- Academic concerns
- Difficulty being assertive and asking for help
- Thoughts of self-harm or suicide
- Familial change

Please contact us even if your concern is not on this list!

The counseling team adheres to ASCA ethical standards and FERPA guidelines to maintain student confidentiality. However, confidentiality cannot be guaranteed in all circumstances. As mandated reporters, counselors must take action if a student indicates potential harm to themselves or others.



## Key Components:

### 1. Weekly Classroom Lessons:

Engaging lessons focused on academic and social-emotional learning, equipping students with essential skills like empathy, self-awareness, and resilience.

**2. Group Sessions:** Interactive group activities that promote teamwork, communication, and shared learning experiences among peers.

**3. Short-Term Individual Sessions:** Focused one-on-one counseling that addresses specific needs and helps students develop strategies for personal growth.

Through these initiatives, we aim to create a nurturing environment where all students feel safe, supported, and empowered to succeed.

## Our Counseling Program

Clear Sky Elementary is committed to providing high-quality services for students by following the three domains of the American School Counseling Association (ASCA): Academic, Career and College, and Social/Emotional development. The school counseling program is structured around ASCA standards for mindsets and behaviors, ensuring that the needs of all students are addressed. This framework utilizes various strategies and counseling techniques to support students in achieving their best in a safe and challenging environment.

Have an emergency or need help?  
Please contact a counselor or use the resources located on the Counseling link of the CSE website.