

SOCIAL WORK AT JICS - 2024/2025



Sept 2021, working with Grade 1s creating a web of kindness

**Social Worker:
Ellie Lathrop,
MSW, RSW**

Dear parents and JICS community, I have had the privilege of joining the

school community in April 2020. Right now, I'm here at JICS on Thursdays. I've been working with children and families for my whole career and provide individual and family therapy in private practice in addition to my work here. Generally, my practice is informed by Cognitive Behavioural Therapy (CBT), Emotion Focused Therapy (EFT), Acceptance and Commitment Therapy (ACT) as well as Narrative Therapy. I want to get to know who you are and who your children are as a person first and then try to be curious about what is hard or getting in the way. My goal is to create relationships with children and their families where they feel heard, understood and respected and diversity is honoured.

As a social worker in the school my role includes the following:

- Supporting the mental health and wellness, social-emotional learning, and interpersonal relationships of the children attending the Lab School
- To help build strength, skill development, and resilience of Lab School children through coaching, practice, and reflection, individually and in small groups
- To work with students, parents, and faculty to build capacity and ensure that our students' unique psychosocial needs are addressed
- To be a resource for teachers to consult with in supporting children at school and in communicating with families
- To provide professional learning for Lab School staff and parents about supporting children's mental health and wellness

SOCIAL WORK Activities include:

Individual consultation with parents and children – Whether you have a concern about your child's worries, low mood or social relationship, I'm happy to connect to provide short term

consultation, support and ideas about resources or referrals. I also am available for meetings with children to help them with a range of mental health or social concerns. Parent meetings can be in person at the school or by video conferencing.

Joining classrooms to support or lead social emotional learning activities. I have been involved with a variety of activities such as working to understand and express emotions in Grade or conversations with older grades about peer relationships.

Offering the **Roots of Empathy Program.** This has been one of the highlights for me. Roots of Empathy is an evidence-based program that offers learning “through guided observation the children label the baby’s feelings and intentions, learning the affective aspect of empathy (emotion) and the cognitive aspect of empathy (perspective-taking). In Roots of Empathy, emotional literacy develops as children begin to identify and label the baby’s feelings, reflect on and understand their own feelings, then bridge to understand the feelings of others.” (ROE website).

Presenting parent education workshops for the school community. I will be continuing to offer lunch hour parent workshops, please don’t hesitate to reach out if you have ideas for topics. Generally, I will offer about 5 lunch and learns each school year. Topics have included Supporting the Development of Empathy and Perspective Taking, Mindful Parenting, Responding to Your Child’s Upset.

Collaborating with Judith to offer **small groups supporting children with social skills. We had a lot of fun in Lego Club last year working on a variety of skills as well as creating marble runs and practicing “resist”.**

A bit more about me:

I completed my BSW and MSW at the University of British Columbia. In BC I worked with children in foster care and adoption and completed adoption home studies. When our family moved back to Ontario, I had the opportunity to work in Scarborough in children’s mental health, providing individual and family therapy and leading different groups for children and young people. I then worked at The Hospital for Sick Children for 9 years in a variety of programs, working with children experiencing anxiety, complex medical illness or injury, ADHD, and depression.

In my free time I enjoy walking my dog in High Park, gardening, cooking and learning to play tennis. I look forward to another year at JICS, working alongside wonderful teachers and staff and connecting with the children and parents in this community.

Ellie Lathrop (she, her) Email: elliel@jackmanics.onmicrosoft.com