



PTA General Association Meeting and “Coffee” with Counselors

BONITA CANYON
— ELEMENTARY —

October 22, 2020 at 9:00 AM

<https://zoom.us/join>

Meeting ID: 821 7560 7249

Passcode: 611145

Please Join us for the October General Association Meeting! During the meeting we will have “coffee” with counselors. Mrs. Meeks and Mrs. Shank will discuss how we can help support our children’s emotional and mental well-being.

Sarah Meeks, School Psychologist

Sarah has always loved working with kids, dating back to her first job in education as an instructional aide in 2005. She earned her B.A in Psychology and then Master's Degree and P.P.S. credential in School Psychology at Chapman University.

Sarah Meeks is starting her 2nd year at Bonita Canyon. She has been a school psychologist for the past 11 years, including time spent in I.U.S.D. as well as San Diego on Camp Pendleton. Sarah supports our Autism program, Learning Center, and students who have special needs. She helps students access their education, given their unique learning styles and abilities. She also promotes the social-emotional well-being of students by providing counseling, consulting with parents/teachers, and coordinating interventions.

In her spare time, Sarah enjoys spending time with her family, including her husband, two boys (ages 6 and 3) and standard poodle. She also loves running and going to the beach.

Meleah Shank, Elementary Resource Counseling Specialist

Mrs. Shank started her career in education when she was first hired as a Para-Professional PE teacher at her children’s elementary school. Mrs. Shank used her background in Social Work to create a Yoga program that included a Mindfulness component to her classes. She was compelled to get her teaching credential and return to her counseling roots to connect with more students and help promote a social emotional learning culture in schools. Mrs. Shank is a product of Irvine Unified schools, and she returned to Irvine to raise her own children who attended Irvine schools as well.

Mrs. Shank received her Masters in Social Work from UCLA, and worked at Long Beach Memorial and UCLA Neuropsychiatric Hospital as a Pediatric Social Worker. She returned to grad school and received her Masters in School Counseling with school credential from Concordia University. Mrs. Shank has a passion to help and serve children and their families both at home and school. Mrs. Shank facilitates individual and small group counseling sessions, utilizing solution-focused methods with the goal of positive behavior change. She also participates in crisis assessments/intervention, mental health consultation and is the school resource and link to community support services.

When she is not at school helping others, Mrs. Shank enjoys running marathons, camping, cooking and watching movies with her family!