

## How are students referred to the school counselor?

Parents, teachers or administrators can refer students for counseling by contacting the school counselor. Students may also request to meet with the counselor themselves by completing a counseling request slip and placing it in the school counselors' mailbox. Request slips are available in the guidance office and from the homeroom teachers.

Counselors recognize that parents and guardians are often the best source of help for their child and encourage students to share their concerns with their parents.

Written consent will be obtained from the parent or guardian for on-going counseling sessions and for participation in formal groups. Parents may opt out of counseling services by notifying the school counselors.

*The counseling program at WBI will provide developmentally appropriate school counseling interventions and support services*

### Small Group Topics may include:

**Friendship**  
**Family Changes**  
**Military Support**  
**New School Adjustment**  
**Self Confidence**  
**Self-Regulation**  
**Social Skills**

## School Counseling Program



### Mission Statement

*The mission of WBI's School Counseling Program supports the school's mission to provide students with the opportunity to develop their full academic potential in a supportive environment where every child is respected and safe. We will recognize and develop the rich academic, athletic, and artistic traditions engrained in the Western Branch community and assist all students in developing positive character traits.*



### Program Based on the ASCA National Model

Western Branch Intermediate School

4013 Terry Drive

Chesapeake, VA 23321

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Mrs. Brooks M-TH

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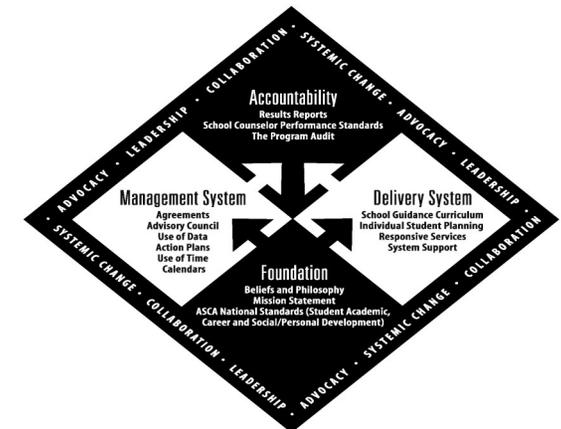
Beth.Brooks@cpschools.com

**School Office Hours: 7:15AM-3:15PM**

## CHESAPEAKE PUBLIC SCHOOLS



## SCHOOL COUNSELING PROGRAM



### Chesapeake Public Schools Mission Statement

*The mission of the Chesapeake Public Schools is to ensure that students attain the knowledge, skills, and attitudes to become lifelong learners and productive citizens by combining the efforts of the students, parents, community and staff to provide a quality education in a safe, orderly environment in which human dignity is valued.*

## Professional School Counselors

Promote student growth in academic achievement, personal/social development, and career planning so students can feel supported in reaching their goals.

**Some of the ways we accomplish this task ask at CPS:**

- **Individual counseling**

Counselors meet with students one-on-one when they have an emotional or social issue that is taking their attention away from their classroom activities.

- **Classroom guidance lessons**

Counselors teach whole group lessons to promote academic growth and character development. These topics include topics such as: Citizenship, responsibility, developing positive friendship skills, study skills, personal safety skills, and internet safety. Our guidance curriculum is modeled after the American School Counselor Association (ASCA) national model and encompasses the VA SOLs for Counselors to support student development and growth.

- **Small group counseling**

Counselors meet with smaller groups of students on a focused topic of concern. Students gain support not only from the counselor in developing coping skills and strategies for success, but also practice social skills through positive peer interaction. Group topics may include: friendship, changing families, military deployments, learning to make good choices, study skills, friendship, and self-esteem.

- **Coordination**

Counselors coordinate a variety of programs within the school to enhance student academic achievement. Counselors routinely offer service on child study committees and ESTAT teams and assist with running school wide programs that promote positive behavior.

- **Consultation**

While school counselors are not able to offer long-term therapy sessions, we are able to consult with parents. Referral lists for outside counseling are available when needed.

## STANDARDS FOR SCHOOL COUNSELING

### PROGRAMS IN

### VIRGINIA PUBLIC SCHOOLS

#### Academic Development

##### Goal

Students will acquire the academic preparation essential to choose from a variety of educational, training, and employment options upon completion of secondary school.

#### Career Development

##### Goal

Students will investigate the world of work in order to make informed career decisions.

#### Personal/Social Development

##### Goal

Students will acquire an understanding of, and respect for, self and others, and the skills to be responsible citizens.

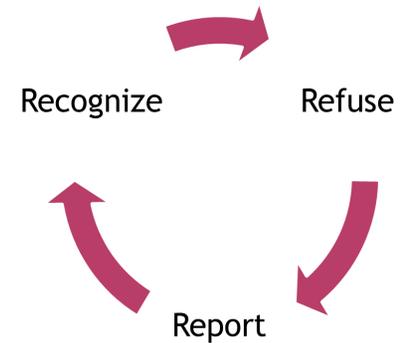
## Virginia's 5 C's in Education

Collaboration, Communication, Creativity, Critical/Computational Thinking and Citizenship

### Classroom Guidance Themes

September	Diversity & Character Traits
October	Emotions and Self-Regulation
November	Career Clusters
December	Developing a Growth Mindset
January	Problem Solving
February	Friendship/ Communication skills
February	Conflict vs. Bullying Behavior
March	Bullying Prevention –3 R's
April	Career Development
May	Perseverance

## Bully Prevention Program CPS Steps to Respect Curriculum



**Recognize** the difference between conflict and bullying behaviors. Bullying is repeated, one-sided and involves an imbalance of power.

**Refuse** to be bullied /use assertive communication to say no to bullying behavior. Bystanders play a key role.

**Report** the bullying to the teacher, the school counselor, school administrator, bus driver or parent.

### Character Counts

Each school counseling program emphasizes the character education core traits listed below. Activities are integrated throughout the year and a yearly poster contest is conducted in November.

Caring  
Citizenship  
Fairness  
Respect  
Responsibility  
Trustworthiness