

## MUSTANG

As part of the school community and as the counselor, I will work all year long on building good character by talking about a new trait each month. Classroom guidance lessons will focus on learning the definition of the word and how it applies to daily life.

The monthly character trait will be determined based on student need and administrative observation.

September's Trait:  
Greetings (How to greet others)



**M-Meet Expectations**

**U-Understand Differences**

**S-Show Respect**

**T-Teamwork Matters**

**A-Accept Responsibility**

**N-Never Give Up**

**G-Give to Others**

## Resources

Still want more info about your school's counseling program? Here are some handy links to check out:

- [www.henrico.k12.va.us/instruction/Elementary/index.html](http://www.henrico.k12.va.us/instruction/Elementary/index.html) - provides links to the Counseling Essentials Cards for Henrico Co. Schools
- [www.schoolcounselor.org](http://www.schoolcounselor.org) - the national school counseling website with information for parents.

If you want more information or have more questions you can also feel free to contact me at Montrose Elementary!

## Opt Out

The decision to exclude a student from all or part of the counseling program is the parent's right. Parents can elect, through written request to the principal, to have a student "opt out" of the program.

2820 Williamsburg Road Henrico, VA 23231  
T: 804-226-8765 F: 804-226-8771  
Web: <http://henrico.k12.va.us/es/Montrose/>

## *School Counseling*



**Mrs. Jennifer Williams**  
School Counselor  
Montrose Elementary





### Individual Counseling:

Individual counseling is available to all students and may be requested by parents, students and teachers. School counselors provide individual counseling on a short term basis to help facilitate a student's academic and social success.



### Classroom Guidance:

Classroom guidance allows the counselor to present monthly lessons in each classroom that highlights various character traits. All classes, K-5, will focus on the same character trait each month collaboratively in guidance lessons and their daily classroom activities.

Focusing on the theme for the month in both environments will support the school-wide character program.



### Small Groups:

Group counseling is available based on student need and can be requested by parents, students and teachers. Parental permission letters are sent home prior to group participation. Topics may include, divorce, feelings, study skills, anger management and making positive choices.

### What is School Counseling?

The comprehensive school counseling program at Montrose will address the academic, personal/social and career needs of every student. It is my goal as school counselor to collaborate with teachers and parents to provide the most productive learning environment for your child.

My counseling techniques will include the use of books, videos, worksheets, role plays, puppets and games that are relevant to counseling topics.

