

Other services offered:

- Consultation with staff and parents
- School-wide interventions
- Special projects and events throughout the year, such as Career Day, The Great Kindness Challenge, Bullying Prevention Month, College Awareness Week, Red Ribbon Week, and many more!
- Section 504 Coordinator
- Transition to Middle School, including International Baccalaureate Middle Years Program (IBMYP) & Gifted Young Scholars Academy (GYSA)
- Community resource assistance



Trevvett School Counseling Disclosure Statement

As a student at Trevvett Elementary School, your child will participate in some aspect of the school counseling program on a regular basis. Should you wish for your child NOT to participate in any aspect of the school counseling program, please contact the school in writing, stating your wishes to “Opt-Out”. The “Opt-Out” provision excludes short duration personal/social counseling which is needed to maintain order, discipline, a productive learning environment, or to assess instances of suspected child abuse and/or neglect.

Written parental consent will be required before students participate in small group counseling or individual counseling that will be conducted on a continuing basis. Information and records of personal/social counseling will be kept confidential and separate from a student’s educational records. This information will not be disclosed to third parties without prior parental consent or as otherwise provided by law.

School Counseling At Trevvett Elementary

2020-2021



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Dear Trevvett Family,

We are so thrilled to be your school counselors! This is Ms. Bushey's 5th year at Trevvett and Ms. Ghoussoub's 1st. Please join me in welcoming Ms. Ghoussoub.

As the school counselors at Trevvett, we offer individual and group counseling to all students. In an individual setting, we help students identify their feelings, learn coping skills, build self-esteem, and succeed academically. In small group counseling, 4-8 students work with one of us on a specific topic. Topics can include anger management, handling stress, grief and loss, friendship, family changes, and many more. We receive referrals for both individual and small group counseling from teachers, parents, and the students themselves. Please do not hesitate to reach out to us if we can be of assistance in any way to your child.

We also visit every classroom in the school twice a month to teach lessons about social and emotional well-being, academic success, and career development. Each grade level focuses on different topics, but the themes of conflict resolution and self-empowerment are present with every age group. Bullying prevention is also taught to the entire school.

In addition to individual counseling, group counseling, and teaching classroom lessons, we provide school wide interventions and consult with staff and parents.

We are here for you and your student! Feel free to email, call, or check out our Schoology page through your student's account to fill out a Google Form. Be sure to check out and subscribe to our Instagram (@SchoolCounselorBB), Remind (@TrevvettSC), and blog (blogs.henrico.k12.va.us/blbushey/) for the latest on special events, parent resources, and activities.

We look forward to a wonderful school year!

With kindness,

Bethany Bushey
Stephanie Ghoussoub



Classroom lessons

We love going into the classroom! Our lessons are aligned with the Virginia standards for comprehensive school counseling programs and focus on a wide range of topics.

The following list covers many of the topics addressed through classroom lessons. Lesson topics are adjusted as needed as situations arise throughout the year.

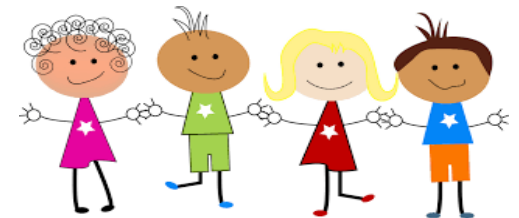
- Character Education
- Middle School Transition
- Conflict Resolution
- Bullying Prevention
- Problem Solving
- Study Skills/Test-Taking Strategies
- Peer Pressure
- Career Exploration
- Friendship
- Self-Esteem
- Appreciating Individual/Cultural Differences
- Identifying Feelings

Small Group Counseling

Small group counseling is available to ALL students in need and may be requested by parents, students, or school staff. Parental permission is required. Groups are designed so that students may gather together in a confidential setting to work through an issue preventing them from doing their best in school. Students will have the opportunity to interact and connect with peers, practice new skills, provide and receive feedback, and set goals as needed.

Sample Group topics may include:

- ❖ Friendship/Social Skills
- ❖ Anger Management
- ❖ Family Changes/Divorce/Incarceration
- ❖ Self-Esteem
- ❖ Grief/Loss
- ❖ Anxiety/Stress Management
- ❖ Self-Control
- ❖ Motivation/Study Skills



Individual Counseling

Individual counseling is available to ALL students in need, at the request of the student, parent, or staff member. While students may see one of us at any time for brief discussions, parental permission is required prior to a series of planned sessions. We will refer out if we feel a student could benefit from long-term therapy.

Confidentiality for individual counseling, group counseling, and parent consultation is maintained unless there is any indication of endangerment to the child or others.