



Mountain View Elementary School
Haymarket, VA
Professional School Counselors

February 24, 2022

Hello Parents/Guardians!

The Comprehensive School Counseling Program at MVES works very closely with teachers, administration, parents, and students. The program focuses on the social-emotional well-being of all students with the mission of providing students with valuable resources to reach their fullest potential. Counselors deliver these services in many ways. Counselors provide classroom lessons, facilitate school wide activities, small groups, and more; to build skills and encourage student growth and development.

Research shows that small groups reach students in an effective way to enhance their skills and abilities through peer and facilitator interaction. Please click [here](#) to learn more about small group counseling from the American School Counselor Association.

We are excited to offer small groups to our students. Small groups enhance skills in school that translate to life skills! Students invited to groups have unique opportunities to work closely with counselors and peers to develop deeper understanding of self, self-worth and positive interpersonal interactions. Our groups include many topic areas that are important to developing a growth mindset and enhancing student's success.

Ongoing group topics are: Changing families, Organization skills, Time management, Problem solving, Identifying Emotions, Building Positive Esteem, and Study Skills.

The group work helps to inform future decision making for our students. They are provided a framework to help themselves and each other with new skills or enhancing skills they already know. The nature of group work is to keep "stay in the group". This is where students and counselors maintain safety of the group and its members by sharing safe information and keeping it amongst group members.

We all play an important role in the productivity and success of our groups:

The Student Role

Students are welcome to come to group with questions, feedback, and an open mind! Students are welcome to come with a willingness to be kind and respectful to all group participants.

The Counselor Role

Counselors are responsible to facilitate group learning with student participants in an engaging way. Counselors are responsible to maintain safety of all student participants. Counselors are responsible to respect student participants. Counselors are responsible to promote student well-being.

The Parent/Guardian Role

Parent/Guardians provide signed consent for their student to participate in small groups. Parents understand that the nature of small groups are to grow their students in a small, focused group where students are able to express and share safely.

The groups are made to be fun and interactive where students can develop a greater sense of self and continue to be well supported by the department.

Thank you for supporting our students!

Sincerely,

Ms. Lynn
Ms. McLeod
Ms. Cole

Professional School Counselors