

CENTRAL ELEMENTARY SCHOOL SCHOOL COUNSELING REPORT 2021-2022

THIS REPORT SUMMARIZES THE SCHOOL COUNSELING SERVICES THAT MRS. GAVRILA HAS PROVIDED DURING THE 2021-2022 SCHOOL YEAR. FOR STUDENTS TO ACHIEVE ACADEMIC AND SOCIAL SUCCESS IT IS IMPERATIVE THAT THEY LEARN SKILLS TO ENHANCE THEIR PROBLEM SOLVING, DECISION MAKING, AND SOCIAL INTERACTIONS. MY ROLE OF ADDRESSING STUDENTS' SOCIAL AND EMOTIONAL NEEDS SUPPORTS THE CENTRAL ELEMENTARY SCHOOLS MISSION STATEMENT BY HELPING THEM "CREATE A SAFE AND HEALTHY LEARNING ENVIRONMENT THAT WILL MOTIVATE AND CHALLENGE OUR STUDENTS TO DEVELOP INTO RESPONSIBLE PARTICIPANTS IN THEIR EDUCATION, EMPOWERING THEM TO BE SUCCESSFUL IN THE DIVERSE WORLD IN WHICH WE LIVE.

Central Elementary at a Glance

[Central Elementary School: Counseling Corner](#)

Grade Levels: TK-5

Enrollment: 450

School Year: 2021-2022

Principal: Dr. Barnett

Counselor: Mrs. Gavrilva



Counseling by the Numbers

53

Students with direct counseling services via referral, IEP, or 504

22

Students seen individually

123

Parent Contacts

36

IEP and SST Meetings Attended

10

Small groups offered

3

Teachers who requested and received classroom guidance lessons

35

Students seen in small groups

223

Unscheduled sessions with students in crisis or with an urgent issue

Individual Counseling

Students received individual counseling based on the severity of their needs and their success level in a group setting. It is a more private option for those students who are reluctant to share. I use cognitive-behavioral and play therapy along with solution focused counseling techniques in individual sessions. My lesson plans are primarily based on the social /emotional domain of school counseling as outlined in the ASCA model.

I typically see students individually for 30 minutes per week over at least an 8-week period. Some students receive a combination of individual and group counseling.

Number of students seen individually: 22
Average number of sessions per student: 8
Average time spent per student: 4 hours
Percentage of students seen individually: 39%

Referral Data:

Number of referrals from...
Teachers (14) Parents (7)
Principal (0) Psychologist (1)
Other (0)

Small Group Counseling

Another counseling service available to students at [your school's name] is group counseling. Most students enjoy working with a small group and it is very beneficial to their social success as they have an opportunity to interact with their peers while they are reassured that others have similar challenges. Groups are organized based on a specific area of focus and vary in size from 2-5 students. While students are usually grouped with the same gender I often mix grade levels. The groups meet once a week for at least 6 weeks.

During sessions, the group follows a structured outline starting with a sign in sheet, a review of the group rules which the students have created, and feelings check. Feelings check is a great opportunity for students to practice identifying and sharing their emotions and is used in all groups regardless of the subject matter.

Number of students seen in groups: 35
Total number of groups: 10
Percentage of students seen in groups: 61%

Referral Data:

Number of referrals from...
Teachers (25) Parents (2)
Principal (1) Psychologist (0)
Other (7)

Group	Topic	Grade Level	# of Sessions	Time Spent	# of Students
Guys with Ties - Group 1	Leadership	5th	6	3 hours	4
Guys with Ties - Group 2	Leadership	5th	6	3 hours	4
Coping with Anger	Anger Management	3rd	4	2 hours	4
Social Skills	Social Skills	K	6	3 hours	2
Be More Awesome	Impulse Control	2nd	4	2 hours	2
Rainbow Friends - Group 1	Friendship	K-1st	6	3 hours	3
Rainbow Friends - Group 1	Friendship	K-1st	6	3 hours	4
Butterfly Girls	Relational Aggression	3rd-4th	4	2 hours	3
Flower Girls	Friendship	3rd-4th	6	3 hours	5

Classroom Guidance

Teachers had the option to sign up for monthly guidance lessons. These lessons are accessible to all students through tier 1 of the MTSS process.

Guidance Lesson Topics

August: Behavior Expectations, Meet the Counselor

September: Attendance

October: Bullying Prevention

November: Respect

January: Kindness & Empathy

February: Friendship

March: Self Control

Professional Development

Lethality Screening Training
April 27, 2022

Eliminate Bullying
Workshop
October 27, 2021

SELPA Focus Plan Training
November 12, 2022
January

Counseling Curriculum
Training to Engage Students
and Effectively Track Data
March 1, 2022

Kagan Workshop
June 1 & 2, 2022

Focus Plan Training by SELPA
November 12, 2021

Additional Services Provided

Character Education

Character education classroom guidance lessons were provided on a monthly basis to enable students to understand, care about, and act on core ethical values such as respect, citizenship, kindness, and responsibility for self and others.

Anti-Bullying Prevention & Unity Day:

Students were encouraged to wear orange, standing in unity against bullying. Our cougar cubs also created a chain, displayed on the schools' fence, to show their support of inclusivity.

Red Ribbon Week:

Our school celebrated Red Ribbon Week with recess activities, including a photo op.

Attendance Awareness Month:

Students showed their excitement for attending school as often as they could by participating in a grade level competition and individually striving to get their names included in a monthly raffle to receive a prize.

The Great Kindness Challenge:

Our cougar cubs were challenged to show kindness to their peers, adults, and loved ones by completing various activities within Kindness Spirit Week.

College and Career Spirit Week:

Guest speakers from various careers spoke to our 4th and 5th grade cougar cubs about their exciting careers. Our students displayed their professionalism, as well as expressed the careers they aspire to be in by dressing for success throughout the week.

Central Broadcast Station (CBS) News:

Our CBS students helped promote a positive school culture and climate by shedding light to new learning opportunities, building a sense of belonging to our schools community, and covering various topics within SEL.

Meetings

Types of meetings included: SSTs, VLTs, Staff, Focus Plans and more.

Types of Meetings:

SST (13)

IEP/Staffing (10)

VLT (8)

SART (7)

PD (8)

Staff (8)

504 (7)

Focus Plan (2)

Total Number of Meetings: 63

Approximate Time Spent: 45 hours