

NAVIGATING THE JOURNEY

Elementary School

Parent
Information
Session

WELCOME

Katrina Wright
School Counselor
Cooke Elementary School



Katelyn Hadder
School Counselor
Kempsville Meadows Elementary School

Special shoutout to Tracy Fahl and Sara Nichols for all of their hard work on this presentation last year.

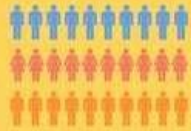
WE HELP YOU ...

ACADEMICALLY

- Set goals
- Adjust to school
- Learn study skills
- Get organized



PERSONALLY & SOCIALLY



- Work out friendship problems
- Feel good about yourself
- Learn how to make decisions
- Manage your feelings
- Deal with peer pressure and bullying

PLAN YOUR FUTURE

- Learn about jobs, colleges, and roles in society
- Think about what you might want to be when you grow up



OTHER



- Talk about what's going on at home
- Talk about important topics with your peers

What do School Counselors do?

A School Counselor does....	A School Counselor does NOT....
<ul style="list-style-type: none">Work with ALL students to encourage a safe school climate of trust and respect	<ul style="list-style-type: none">Work with only Special Education students or "problem students"
<ul style="list-style-type: none">Deliver classroom lessons that align to ASCA standards	<ul style="list-style-type: none">Assign grades after lessons or teach academic subjects
<ul style="list-style-type: none">Facilitate small groups	<ul style="list-style-type: none">Facilitate therapy groups
<ul style="list-style-type: none">Meet individually with students to do brief, solution-based counseling	<ul style="list-style-type: none">Meet individually with students to do long-term counseling/therapy
<ul style="list-style-type: none">Help students who are struggling to make positive behavior choices	<ul style="list-style-type: none">Handle the discipline or assign consequences
<ul style="list-style-type: none">Collaborate with parents/guardians, teachers, support staff, and administration	<ul style="list-style-type: none">Collaborate with only one person; the team approach including the School Counselor works best
<ul style="list-style-type: none">Maintain confidentiality of students and their families unless there is a need to know or a safety concern	<ul style="list-style-type: none">Share information about students and their families to appease the curiosity of others
<ul style="list-style-type: none">Provide education and information about students' social-emotional needs	<ul style="list-style-type: none">Tell teachers how to teach in their classrooms or tell parents how to parent at home

THE ELEMENTARY SCHOOL YEARS

FOCUS: Teachers and School Counselors work together building Academic, Career, and Social Emotional Development.

HOW:

- Individual Counseling
- Small Group Counseling
- Classroom Life Skills Lessons
- Consultation
- Coordination
- Advocacy
- Parent/Teacher Inservices
- Crisis Management



VBCPS Graduate Profile

VBCPS Graduate Profile

Knowledgeable

- Demonstrate literacy skills necessary for success in school and life.
- Possess and exhibit understanding across a variety of disciplines.
- Able to transfer and apply knowledge across contexts.
- Fully versed in college and career requirements and opportunities.

Problem Solvers and Value Creators

- Apply creative thinking skills to develop solutions that effectively address problems, challenges, or unmet needs.
- Able to turn ideas in to actions to address problems, challenges, or unmet needs.
- Create value through innovation and/or entrepreneurship.

Resilient Learners

- Actively seek and accept new and difficult challenges.
- View "set-backs" as opportunities to learn and grow.
- Able to adapt to change.

Cross-Culturally Competent

- Understand and respect one's own culture and other cultures.
- Aware of national and world issues and events and their impact.
- Possess bilingual skills.

Personally and Socially Responsible

- Own their learning.
- Take responsibility for actions and their consequences.
- Act with integrity, honesty, and empathy.
- Engage in civic- and service-oriented activities.
- Contribute to society as informed and responsible citizens.

Thinkers and Inquirers

- Gather, analyze, and evaluate information and ideas.
- Raise vital questions.
- Come to well-reasoned conclusions.
- Think open-mindedly.
- Driven by curiosity to seek information and engage in research to increase understanding.

Balanced

- Understand the importance of balancing different aspects of their lives (academic, physical, emotional) to achieve well-being.
- Strive to lead a healthy lifestyle.
- Pursue a variety of curricular options to develop a well-rounded educational experience.

Communicators and Collaborators

- Effective at receiving and articulating ideas and information for a variety of purposes and audiences.
- Able to work interdependently with and/or lead a variety of individuals to achieve an objective while displaying flexibility and willingness to understand and articulate alternate points of view.

Kindergarten:



- **Academic**
 - Focus
 - Being on display
 - Play
- **Career**
 - Identifying
 - Connections
- **Personal**
 - Emotions
 - Friendships
 - Taking risks

What to Potentially Expect from Your Child:

- Looking for permission
- “Selfish”
- Physically restless

1st Grade:



- **Academic**

- Mistakes
- Self-advocacy
- Work Cooperatively

- **Career**

- Job?
- Goal-setting
- Decision-making

- **Personal**

- Diversity
- Manners
- Self-discipline

What to Potentially Expect from Your Child:

- Pleasing vs. Winning
- Know right from wrong
- Friendships - make and break easily

2nd Grade:



- **Academic**

- Multi-step tasks
- Applying strategies

- **Career**

- Skills/strengths
- Descriptions

- **Personal**

- Changing friends
- Insecurity
- Response to emotions

What to Potentially Expect from Your Child:

- Being influenced by peers
- Perfectionistic
- Moody and intense

3rd Grade: Wonder, Explore, Discover



•Academic

- Positive Interest in Learning
- Study Skills
- Academic Achievement

• Career

- Essential Behaviors
- Teamwork/Common Goal
- Effort/Hard Work/Persistence

• Personal

- Short/Long-term Goals
- Make and Keep Friends
- Resource People/Help

What to Potentially Expect from Your Child:

- Eager to fit in
- Fine Motor Skills and Stamina
- Thinking and Problem-solving

4th Grade: What I do makes a difference!



- **Academic**

- Organization
- Curiosity

- **Career**

- Career interest
inventory

- **Personal**

- Self-identity
- Predicting
consequences
- Talents

What to Potentially Expect from Your Child:

- Insecurities
- Increased coordination
- Worried and anxious

5th Grade: We are thinkers and problem solvers!



•Academic

- Understand the Choices, Options, and Requirements of Middle School

• Career

- Identify Career Choices through Exploration

• Personal

- Peer Pressure
- Relational Aggression

What to Potentially Expect from Your Child:

- Active Social Life
- Eating/Sleeping
- Abstract Ideas

VBCPS RESOURCES

Parent Portal

Student Portal

School Counseling Services and Academic & Behavioral Support
Gifted Education/Special Education Services/English Language Learners

VBCPS Curriculum Link

<http://www.vbschools.com/curriculum/guides/elementary/>

College & Career Resources:

<https://www.vawizard.org/wizard/students>

VBCPS RESOURCES

Your child's School Counselor is also a great source of information!

<http://misswrightcooke.weebly.com/>

COOKE ELEMENTARY COUNSELING DEPARTMENT

Welcome, Cooke Families! Please check this page often to see what your students are doing in classroom life skills lessons, groups, and the numerous programs run throughout the year.

Contact Information:
kmwright@vbschools.com
757-648-2332
Office Hours: 8:00-3:00

PARENT ONLINE RESOURCES

Parents, the following are some recommended links you may find helpful.

- [VBCPS School Guidance/Counseling Program](#)
- [Virginia Beach Community Services Board - Child and Youth Services](#)
- [Kempsville Center for Behavioral Health \(24 hr crisis assessment\)](#)
- [www.kidspriorityone.org](#) (Local resource database)
- [CHADD of Hampton Roads \(ADHD Support Group for Families and Adults\)](#)

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.

Grades K-3 Students will:

EA1. Understand the expectations of the educational environment,
EA2. Understand the importance of individual effort, hard work, and persistence,
EA3. Understand the relationship of academic achievement to current and

Career Development

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

Grades K-3 Students will:

EC1. Understand the concepts of job and career,
EC2. Understand that behaviors such as punctuality, courtesy, proper dress and proper language are essential to current and future success,
EC3. Understand the relationship of individual effort, hard work and persistence to achievement,
EC4. Understand the importance of teamwork in working towards a common goal,
EC5. Demonstrate the decision making process, and

MISSION OF THE COUNSELING DEPARTMENT

The mission of the Virginia Beach City Public Schools Elementary School Counseling Program is to partner with parents, community, faculty and staff to provide a comprehensive, developmental counseling program addressing the academic, career, and personal/social development of all students thus preparing them with the knowledge and skills to be productive members of society.

STUDENT ONLINE RESOURCES

Students, here are some links that you might find helpful! Everything from information about friendships, feelings, careers and more!

- [Va Career View](#)
- [Pacer Kids Against Bullying](#)
- [Funbrain Educational Games](#)
- [Kids Health - Feelings](#)
- [PBS Kids Go!](#)
- [We Do Listen](#)

MIDDLE SCHOOL REGISTRATION

Together with the PTA using our Positive Behavioral Integration System (PBIS) and 7 Habits of Happy Kids, we highlight one citizenship trait and habit every month with classroom guidance lessons and the selection of one Student of the Month in each class. These students are honored on Cooke TV at the beginning of every month. In addition, the students receive certificates of achievement, their name showcased on the "Display of Fame" and get to spend time with Penny the Hen during the classroom guidance lesson. Below are the citizenship traits we will learn about and strive towards this year.

STUDENT OF THE MONTH RECOGNITION PROGRAM

About the Program:

Together with the PTA using our Positive Behavioral Integration System (PBIS) and 7 Habits of Happy Kids, we highlight one citizenship trait and habit every month with classroom guidance lessons and the selection of one Student of the Month in each class. These students are honored on Cooke TV at the beginning of every month. In addition, the students receive certificates of achievement, their name showcased on the "Display of Fame" and get to spend time with Penny the Hen during the classroom guidance lesson. Below are the citizenship traits we will learn about and strive towards this year.

THIS MONTH'S NEWS

Navigating the Journey

The second annual Navigating the Journey, a Pre-K-5 Career Fair, will be held Tuesday, Oct. 16, at the Virginia Beach Convention Center from 5:30-8 p.m. The purpose of this event is to inform students, parents and community members of opportunities offered to students across the division. Information tables will be set up in the main ballroom and information sessions will be held in the second floor meeting spaces. Mrs. Hader and I will be presenting information about the Elementary School Counseling Program. See you there!

VBCPS RESOURCES

VBSchools.com

About This Site

Graduate Profile

Academic Career Planning



ON COURSE:
DESTINATION GRADUATION

This resource will help you and your child navigate the journey from pre-kindergarten through high school. It is designed to help students and families make the most of the opportunities available in Virginia Beach City Public Schools.

www.vbschools.com/compass/destinationgraduation/

