

PTA MEETING

MEET THE SCHOOL COUNSELOR'S

January 12, 2024



MRS. THEBERGE

MS. JUN



OUR MISSION AND VISION

School Counseling Program Vision Statement: The vision of Oakton Elementary School Counseling program is for all students to be college and/or career ready. Every student will acquire the academic, career and personal/social skills to reach their fullest potential and successfully manage their lives as healthy, responsible, competent and productive citizens who respect themselves and others.

School Counseling Program Mission Statement: The mission of the Oakton Elementary School Counseling program is to provide high quality, comprehensive counseling services with equal access to all students. Our programs are designed to help all students develop and enhance their academic, social, career, and personal potential to ensure they become responsible and productive citizens for the 21st century. In partnership with other educators, parents/guardians, and the community, professional school counselors strive to ensure that all students at OES develop the skills, knowledge, and understanding necessary to be successful in our ever changing society.

WHAT DO WE DO?

- We teach lessons monthly to each classroom on topics Fairfax County emphasizes as well as teacher/need input
- We run small groups for 6-8 weeks based on students needs
- We meet individually with students for a short period of time prioritizing need and availability
- We join CLT's and work with teachers to support students and teams
- We meet with parents
- We share what we are doing in the Principal's Friday newsletters so the community knows what is going on
- We go to a lot of meetings
- We collect data to drive our program and show what we do
- Coordinate with therapists and outside mental health supports
- Collaborate with the school psychologist and school social worker
- **We try to respond to every teacher text/email for help, when we can**

OUR RESPONSIBILITIES

- Pyramid Counselor Lead
- MTSS member*
- Service Learning Liaison
- Academic and Career Plan Liaison
- SEL Screener Lead*
- Youth Survey Coordinator*
- Mentoring Lead
- Wellness Lead
- Compass Team Member*
- Student Support Team Members*

*Shared between Kim & Ivy

OUR FOCUS AND ALIGNING WITH FCPS

FCPS Youth Survey Data

- Nearly $\frac{1}{3}$ of 6th graders (29.2%) reported feeling so sad or hopeless every day for two or more weeks in a row within the past year that they stopped doing some usual activities. This is an improvement from the past year when 33.1% of 6th graders reported the same thing.
- 1:6 of the Fairfax County 6th Graders (16.9%) reported experiencing stress most/all of the time and about $\frac{2}{3}$ (62.3%) reported experiencing stress a little/some of the time during the month prior to the survey. Female students were more likely to report both experiencing stress most/all of the time (19.8% compared to 12.8% of male students) and a little/some of the time (63.9% compared to 61.5% of male students) in the past month
- Aggressive Behaviors
 - Over $\frac{1}{3}$ of the Fairfax County 6th graders (38.0%) reported having had something bad said to them about their race or culture in the past year, and nearly one in eight (12.2%) reported having made derogatory comments about someone's race or culture. Male students were more likely to report making such comments to others (15.2% vs. 9.3% of female students). Over half of Black students (52.2%) reported experiencing derogatory comments.

AGGRESSIVE BEHAVIORS CONTINUED

- Over ¼ of the students (22.6%) reported having been bullied* on school property in the past year, while 4.4% reported bullying someone on school property. Rates of being bullied on school property ranged from 17.4% of Asian students to 25.0% of Black students.
- Nearly 12% of the students (11.9%) reported having been cyberbullied by a student at their school in the past year, while 4.8% reported cyberbullying a student at their school. Female students were slightly more likely to report being cyberbullied (13.1% compared to 10.2% of male students). Rates of being cyberbullied ranged from 10.6% of White students to 14.4% of Hispanic students.
- Approximately 1:11 of the 6th graders (9.4%) reported carrying a weapon in the past month, with more than 1% (1.3%) doing so **on** school property. Male students were *twice* as likely to report carrying a weapon (12.1% compared to 6.0% of female students).

FCPS has shifted our focus to address these as well as crisis and mental health concerns that come up at the elementary level first by prioritizing student need through the MTSS lens and providing positive mental health

OES COUNSELING DEPARTMENT AND DATA, DATA, DATA

Last School Year:

- We held at least **600** lunch bunches
- We saw students **2,500** times last year
 - This is a combination of groups, lunch bunches and individual sessions/check in's
- We taught at least **475** lessons
- We ran at least **25** groups that were at least 8 weeks long
 - Some groups ran much longer than others
- We held at least **300** parent meetings
- We address every crisis there is
 - Suicide Risk Assessments and Threat Assessments
 - There are more than you would typically think

NARROWING OUR FOCUS LAST YEAR

- Our main focus last year was to reduce the number of office referrals
 - This comes from our historical data
 - We felt this would have the most positive impact on our school year
 - From the 2019-2020 SY, 3rd and 4th grade identified students had 68 office referrals
 - Our goal was to reduce this number by 20% to 54 office referrals for current 4th and 5th grade identified students during the 2021-2022 SY
- Last year, the specific group of identified students had 67 office referrals

OUR FOCUS THIS YEAR....

- Based on historical data and the needs of the students, our focus has been on self-control which encompasses emotional regulation and conflict resolution.
 - We continue to implement the Zen Zone and Zones of Regulation in the classrooms through Morning Meeting
 - Every teacher has calming materials and a calm down spot in their classrooms
 - ALL students were and continue to be explicitly taught calming strategies
 - Through lessons, groups, lunch bunches, individual sessions and morning meetings
 - Small groups - instruction is focused on self-control and resolving conflicts

NARROWING OUR FOCUS THIS YEAR

- Our main focus this year is small group instruction focused on self-control and resolving conflicts.
- 14 identified 1st and 2nd graders showed a need for tier 2 support based on their citizenships skills report card in the areas of self control and resolving conflicts with others.
 - This comes from first quarter citizenship skills
 - We felt this would have the most positive impact on our school year where we could support students early on and provide adequate explicit instruction.
 - Our goal by April 2024 is to have the identified students in 1st and 2nd grades who have a 2 or below in BOTH demonstrates self-control and resolves conflict effectively in their life work and citizenship skills on Q1 report card will increase by at least 1 increment in both categories by their Q3 report cards.

NEXT STEPS

- Targeted small group support for Self Control and emotional regulation
- Targeted small group support for Conflict Resolution
 - Other Tier 2 and 3 supports
 - Check in & check out
 - Reward system
 - Mentoring
- MTSS

QUESTIONS??

What would you like to know that we haven't discussed yet?

Thank you for coming! We know everyone is busy and we appreciate the support :)

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