RVES Counseling Program

Darlene Nelson, M.A.
School Counselor
(703) 923-2717 – direct line
Grades K-3
Monday- Friday

Jenna Parkhurst, M.S.
School Counselor
(703) 923-2723 – direct line
Grades 4-6
Wed, Thurs, & alternating Fridays

Elementary school counselors support classroom teachers and the overall educational team by helping students remove barriers to learning. The three primary methods for delivering guidance services include: individual counseling, small discussion groups, and classroom counseling/guidance lessons. Counseling services aim to facilitate growth in the following areas: academic, career, and personal/social development.

In an effort to help students grow in the area of academic, career and personal/social development, we offer many other opportunities for support. The Mentor Program matches students with adult mentors from IBM Business Consulting Services and Interstate Van Lanes. Students meet with mentors on a weekly basis. The Ambassador Program trains selected students to welcome and assist students that are new to the school.

**How To See A Counselor.** There are four ways a student may meet with the counselor: 1) Students may tell their classroom teacher that they want to see the counselor. 2) Students may leave messages for the counselor in the envelope outside the counselor’s room. 3) Parents can call the counselor to discuss or request the counselor meet with their child. 4) Teachers and administrators may ask the counselor to meet with a student.

**Classroom Counseling/Guidance Lessons.** Once every 3 weeks (K-3) and once a month (4-6), each classroom has a lesson. Topics range from creating and maintaining friendships, bullying, handling emotions, conflict resolution and problem-solving to study skills.

**Individual and Group Counseling.** Short-term counseling is available for a variety of concerns that may be school- or home-related. During the school day, small discussion groups are offered on a range of topics (grief and loss, family separation or divorce, organization skills, test-taking skills, decision-making/behavior, social skills). Parent notification is given for these services.

For more information on opportunities mentioned or to discuss a concern, please call us at the numbers above. More information about the School Counseling Program at Rolling Valley can be found on our FCPS 24-7/Blackboard site.

A helpful video on School Counseling in Fairfax County Public Schools can be found at this link:
http://www.ebmcdn.net/fcps/fcps_video_viewer.php?viewnode=91fe51023d73f