



# Mt. Woodson Elementary

## Mountain Lions

Dear Parents and Guardians,

Welcome back to school! I want to introduce myself. My name is Carly Bourque. I am your new school counselor! As you may have heard, RUSD added 3 new school counseling positions in the elementary schools this year and I am so thrilled to be a part of this wonderful district! I have worked with children and families in the San Diego County community for the past six years in various capacities, and my last three years have been spent in the educational setting.

I will be at Mt. Woodson Elementary on Mondays, Tuesdays, and alternating Wednesdays from 8:15am – 3:45pm. I can be reached for appointments or consultation by contacting the school office or through my email.

Be on the lookout for a brochure coming home with your young scholar to explain the programs, services, and supports I can offer. I have outlined some of my responsibilities so you will know what a counselor can provide for students and families in the school setting.

- Crisis Intervention: bereavement, self-injury, healthy body choices, self-care
- Individual counseling on issues such as: loss, behaviors, divorce, death, peer relations, anxiety, and stress. Students can receive extra support for outside counseling through your personal medical insurance or county resources as needed. Your student is free to request to see me anytime, and should the student require ongoing support in an individual or group capacity, a permission slip will be sent home.
- Classroom interventions: work with classroom teachers and develop programs such as getting along with peers, character education traits, social skills, and current issues.
- Consultant: is available for teachers and parents to ask questions regarding any social/emotional/behavioral observations and needs in students.

If at any time during the year you have any questions or concerns, please feel free to contact me. My email is [cbourque@ramonausd.net](mailto:cbourque@ramonausd.net) and my phone number is (760) 788-5120 x 5110. I look forward to serving the Mt. Woodson community students, staff, and parents!

Best wishes for a wonderful school year!

Carly Bourque  
School Counselor