



Ramona Elementary Mustangs!

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 will be at Ramona Elementary on Thursday, Friday, and alternating Wednesdays from 7:30am – 2:30pm. 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: It is important to know that individual guidance counseling is not a substitute for individual therapy. Individual guidance counseling is a solution-focused, brief type of counseling that focuses on issues such as behavior, friendship skills, positive communication, self-control, and other issues that may impact a student academically. 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 Lessons: work with classroom teachers and provide support in areas 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.

Parent referral forms and student self-referral forms are available in the front office. 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 and my phone number is (760) 787-4400 ext. 4433. I look forward to serving the Ramona Elementary community students, staff, and parents!

Best wishes for a wonderful school year!

Carly Bourque, School Counselor