

Bull Run Middle School Counseling



Overview of BRMS Counseling Program

A comprehensive school counseling program is a data-driven, standards-based framework designed to improve student success by addressing academic, career, and social/emotional development for all students.

Classroom Guidance

Grade	Academic	Career	Social/Emotional
6th	Student Vision Lesson	Intro to Naviance	<ul style="list-style-type: none">• Middle School Success• Technology Choices and Consequences
7th	Student Vision Lesson	What's Your Gameplan?	<ul style="list-style-type: none">• Signs of Suicide• Flirting or Hurting?• Pause Before You Post
8th	Student Vision Lesson	Strengths Explorer Specialty Programs	Healthy Relationships



Overview of BRMS Counseling Program

Individual & Group Counseling

- Social/Emotional
- Career
- Academic
- Crisis Intervention
- Mediation

Counseling Sponsored Programs

- Career Day/Specialty Program Fair - Jan. 22, 2026
- Eagle Ambassadors
- Peer Mediation
- No Place for Hate
- SOAR Program
- Oakley - Therapy Dog
- Staff Wellness & Sunshine
- Hispanic Heritage Night
- Rising 6th Grade Orientation (Pre-Game) - June 2026
- Holiday Assistance
- Military Supports - Purple Heart Designated School
- Together We Thrive (Mental Health awareness Club)

Other

- Facilitate the MTSS Process (Multi-Tiered Systems of Support)
- School/Family Communication
- Wellness Room





 **8TH GRADE CAREER DAY & SPECIALTY PROGRAM FAIR**

**JANUARY 22, 2026
9:30AM-11:00AM**

***LOOKING FOR PARENT VOLUNTEERS TO SET-UP A DISPLAY AND SHARE THEIR PROFESSIONS**



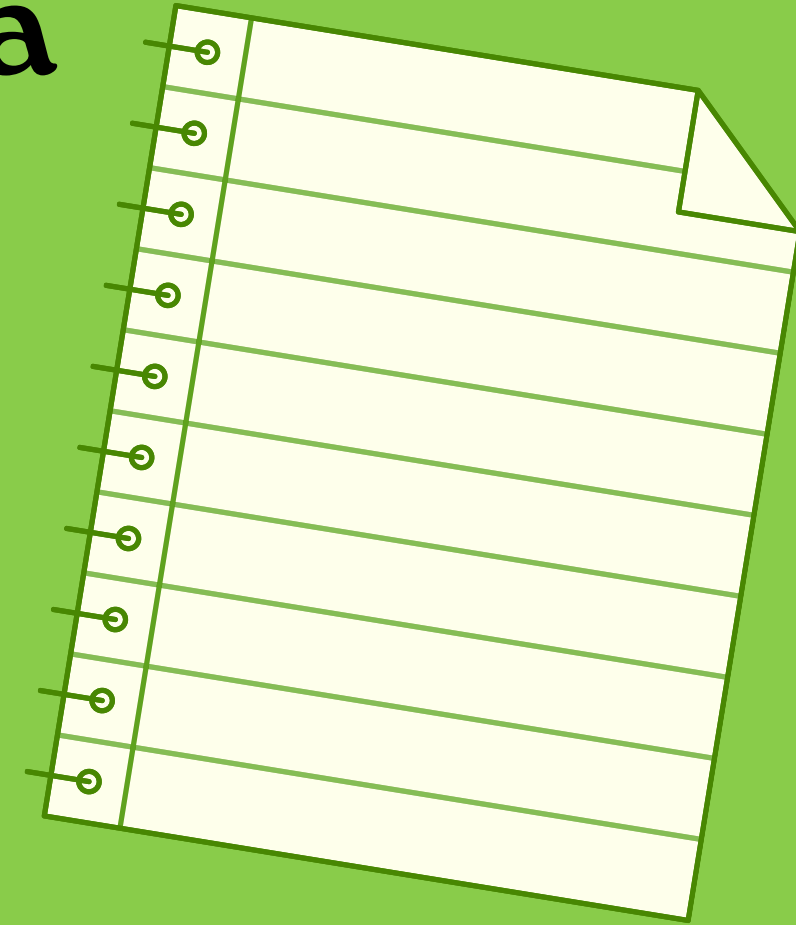
MENTAL HEALTH RESOURCES FOR BRMS STUDENTS

- **VIRTUAL CALM ROOM ON STUDENT COUNSELING CANVAS PAGE**
- **WELLNESS ROOM**





Student Needs Assessment Data Gallery Walk



WHAT STANDS OUT?

**WHAT ARE WE
MISSING?**

WHAT CAN WE DO?





Student Needs Assessment Data Table Discussion



- **WHAT SURPRISED YOU?**
- **WHAT ARE THE BIGGEST NEEDS?**
- **WHAT CAN WE DO DIFFERENTLY?**





Action Planning

**EACH GROUP PROPOSES 1-2
RECOMMENDATIONS FOR:**

- **ADVISORY GOALS**
- **CLASSROOM PRACTICES**
- **FAMILY ENGAGEMENT**



***Share Out with Group**



Most Common Middle School Counseling Themes Nationally



**Anxiety/
Depression**

Peer Relationships:

- Conflict
- Bullying
- Making friends

Self-Discovery:

- Who they are
- Self-regulation

**Transition in and
out of Middle
School**

Academic Stress

Family Stressors



IN A NUTSHELL

The Counseling Staff:
Overcomes Barriers to Learning



Our Super-power is:
Regulating your Middle Schoolers

Our Goal is:
Guiding students to their optimal selves