



Ms. LaQuisha Nelson

Howdy! I am Ms. LaQuisha, the 7th (EFGH) and 8th Grade Counselor. I want you to know that Middle School is about self-discovery. During this time, you will experience many victories and challenges. Whatever the circumstance, know that I am here to help. Counseling is about relationships, and that's my priority when working with you. My goals are to foster healthy and safe online relationships, build self-esteem and confidence, and assist with any concerns.

I was born and raised in Houston, Texas, USA. This is my first experience living overseas. I graduated from Prairie View A & M University, twice, with my Bachelor's in Psychology and my Master's in Counseling. I have been in education my entire career. I spent seven years as a World Cultures and Social Studies Teacher. I was promoted to Afterschool Program Coordinator, and now I am a School Counselor. In addition, I've worked as an (undefeated) volleyball coach, cheer and dance team sponsor, book club chair, and anything involving students - I was there.

I am excited to work with you, and I am looking forward to a successful school year.

Feel free to reach me during recess (10-10:30 / 12-12:30) using this zoom link
<https://zoom.us/j/3402896130>



Mr. Elias Barcha

Hello everybody!! My name is Mr. Elias, and I will be the Counselor for all Grade 6 sections, and 7 A, B, C and D. When students proceed to Middle School from Elementary School, quick changes in their environment occur, which may cause different behavioral and socio-emotional problems. A second transition will happen by the end of Grade 8, and the students will move to the High School where all new concepts will be introduced to them. My goal as a counselor is to help these students in adapting to their new environment, perform their best on all levels, especially socio-emotional, and prepare them for their transition to the High School.

After obtaining my Bachelor's degree in General Psychology in 1999 from the University of Saint-Esprit de Kaslik - USEK, Lebanon, I worked for one year with special needs students in Lebanon. Then I got my Master's Degree in Clinical Psychology from the same university in 2001. I worked for three years in Lebanon and came to Kuwait at the end of 2003. During the 17 years in Kuwait, I had the opportunity to work with all different ages of students, from special needs to resource inclusion, then with vocational students, and finally as counselor in schools and universities.

Seventeen years in Kuwait helped me to merge with the Kuwaiti people and society. I could learn the Kuwaiti dialect, adapt with the regional Gulf culture and communicate with different age levels.

Regarding this year, the whole experience of online learning and online teaching is new for everyone (most of students and teachers).

"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain"

Vivian Greene

Until we meet again on campus, you can reach me via my email asking for a private meeting during recess (10:00-10:30 / 12:00-12:30), or during office hours (2:20-3:20).

Feel free to reach me using this zoom link: <https://zoom.us/j/8944760704>

Middle School E-counseling Office & Referral Process

Due to unprecedented times, we're having to use technology in communicating with our students. The Middle School Counselors will continue to be present and support you during this virtual learning period.

You can access us by joining our google classrooms for information about lessons, counseling tips, and monthly newsletters. Also, we are available for a quick meeting on zoom during your recess break.

For more urgent meeting please complete the student referral form and we will email you for our next available appointment.

Appointment Times during online learning

First Recess: 10:00 AM - 10:30 AM

Second Recess: 12:00 PM -12:30 PM

Office hours: 2:20 PM – 3:20 PM

Middle School Counseling Office

The Middle School Counseling Office consists of two counselors working with 6-8 grade. We work together with the school community to help create a safe and positive environment for all students where we help prepare students social/emotionally, academically, and for life beyond school. School Counselors are involved with the admissions process by meeting new students to help them choose electives and answer any of their concerns. We help new students settle into the school community through monitoring friendships, check-ins, and new student lunches. During the year the school counselors may respond to the needs of students through a small group approach. Bringing students with similar needs together in small groups is another way we help our students with social/emotional skills, study skills, friendship groups or other areas of concern that may arise. These groups are offered by invitation and obtaining parent permission. School Counselors respond to referrals from students, parents, teachers and administrators in order to address concerns during the school year. Counselors may work with a referred student individually, on an ongoing basis, with a goal or concern throughout the school year. Confidentiality is assured to our students unless the student is at risk of any harm to themselves, others or if others are causing harm to them.

BBS Middle School Counseling Referral Process

The google referral form can be found on the school website under Middle School - School Counseling Office. The google referral form is to be filled out by students and parents in order for counselors to address their concern(s) unless the student is in crisis and needs immediate attention. School Counselors will check the form daily and will email student(s) through their school Gmail the date and time of their appointment.

Middle School Counselors are responsible for addressing and supporting the following student concerns:

- Peer relationship concerns
- Family concerns
- Personal concerns
- Child safety concerns
- Transition (6th graders and new students)
- Motivational concerns

- Test anxiety
- Mental health (sadness/ depression, stress/ anxiety, and isolation)
- Bullying
- Study skills planning
- Testing strategies
- Educational planning and goal setting

Appointment Times

First Recess: 9:25 - 9:55

Second Recess: 12:05 -12:30