



Dear BCA families,

My name is Mrs. Mason (formally Ms. Collins) and I am the school counselor at Bellevue Children’s Academy Prek through 5th grade. I feel so grateful to work alongside amazing staff, students, and parents! My favorite part about being a school counselor is watching students grow in their skills and develop into amazing young human beings.

The role of a school counselor can often be confusing. As a school counselor, I work with students, families, and staff to support students in achieving their academic, personal, and social goals. My mission is to ensure that each child has equal access and opportunity to achieve success. My job is to support ALL students. In order to meet the needs of our BCA students, there are variety of ways I achieve this:

Classroom Counselor Lessons: All students receive social-emotional lessons that I teach in the classrooms. The counselor lessons include topics such as problem solving, empathy, emotion management, career, and bullying prevention.

Small Group Counseling: For students who need further support with these abilities, I lead small groups where we use fun activities and role plays to continue to learn and practice important life skills.

Individual Counseling: I also meet with students individually to help them solve problems, work through their emotions, or process their actions, thoughts, and feelings. Students are either self-referred or referred by a parent or teacher.

I also serve as a support and resource to parents and school staff. I consult regularly with parents and teachers to provide support on student social/emotional and behavioral concerns. I also communicate with community resources for families and provide additional guidance to families as needed.

Let’s Connect!

Anna Mason

[School Counselor Frequently Asked Questions](#)

What exactly does a school counselor do?

School counseling services are available to ALL students, not just those with an emotional disability or in a crisis. It is my job to make sure that students are happy and doing their best at school. This is a tall order since so many factors go into students doing well---their ability to focus and pay attention, their relationships with peers and teachers, how well they can manage their feelings and impulses, and their lives outside of school. I can address these issues using individual or small group counseling, as well as classroom guidance lessons.

How is a school counselor different from a therapist at an outside agency?

I frequently see children just once or twice, or in the classroom setting. Although I do help children with family problems and behavior at home, my primary role is to deal with school-related concerns. Sometimes an issue is better addressed more intensively in a therapeutic setting, and with greater direct parental involvement. Please contact me if you would like me to recommend an outside therapist for your child.

How do students get to see you?

Students may come to me in a variety of ways. Usually it is by recommendation of the classroom teacher and/or the parent. Often, students may approach me themselves and ask if they can see me to discuss an issue that came up during the day. Students may also ask their teacher or someone in the office to give me a message.

Will you notify me if you see my student?

Students frequently pop in to tell me about relatively minor or time-limited issues. If that happens, I may not notify you unless: there is a safety concern, your child has asked to see me repeatedly, or if the worry or problem is significant (by adult standards).

What support and resources can you provide to parents and families?

Working with parents is one of my favorite parts of my job. I often consult with parents on concerns they have about their child's social, emotional, or behavioral well-being. I provide strategies and resources parents can use at home. I also connect families to resources available within our community.