

# BROWNELL MIDDLE SCHOOL



**A Gold Ribbon School**



**Dear Brownell Middle School Family:**

The Brownell Counseling Department welcomes you to a fantastic school year! Throughout your child's middle school experience, you will find our services to be an integral part of their education. We are comprised of two middle school Counselors, Ms. Armijo and Mr. Trujillo. Collectively, we will work diligently alongside students, parents, teachers and other school staff. Our goal is to engage students, and foster and inspire excellence throughout their middle school years. Please know you are an extension of our team and we look forward to assisting with your child's academic, personal/social and college/career needs.

**The Goals of the Middle School Counseling Department are:**

- To assist students with educational, college, career and personal goal planning.
- To provide College and Career Awareness information and presentations.
- To help students understand themselves and others.
- To assist students with conflict resolution.
- To facilitate the identification of students with special needs.
- To provide crisis intervention when necessary.
- To coordinate referrals to school and community support services.
- To serve as a resource to students, parents, teachers, and administrators.

**Some Reasons to Contact Your Child's School Counselor Are:**

- Academic support: Parent-Teacher Conference(s) and Student Study Team (SST)
- Post-secondary educational opportunities and career exploration
- School adjustment concerns
- Coping, problem-solving and decision-making skills
- Organizational, study and test-taking skills
- Peer/teacher/family relationships and conflict resolutions
- Experiencing grief and loss
- School-based and community resources information and/or referrals

You may contact us at (669) 205-5100 or email your child's school counselor at [kara.armijo@gilroyunified.org](mailto:kara.armijo@gilroyunified.org) or [carlos.trujillo@gilroyunified.org](mailto:carlos.trujillo@gilroyunified.org) if you have additional questions. Ms. Armijo oversees alpha A-M and Mr. Trujillo oversees alpha N-Z and Spanish Speaking.

“Middle school counselors enhance the learning process and promote academic achievement. School counseling programs are essential for students to achieve optimal personal growth, acquire positive social skills and values, set appropriate...goals and realize full academic potential to become productive, contributing members of the world community.” (American School Counselor Association, 2008).

Sincerely,

Mrs. Kara Armijo and Mr. Carlos Trujillo  
Counselors  
Brownell Middle School