

Cougar COUNSELING CORNER



WELCOME TO OUR FIRST SCHOOL COUNSELING NEWSLETTER!

Dear Students, Parents/Guardians & Staff,

We are thrilled to introduce our school counseling newsletter. This newsletter is designed to keep you informed about important updates, share valuable resources, and provide insights into the world of school counseling.

In these pages, you'll find articles on topics such as academic success, emotional well-being, college and career readiness, and much more. Our goal is to support our students' growth and development throughout their educational journey.

We encourage you to explore the content, reach out to our counseling team with any questions or concerns, and stay engaged in your child's educational experience.

Thank you for being a part of our school community, and we look forward to connecting with you through this newsletter.

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*Scan to request a
meeting with a
counselor*



Social Emotional Learning



This year we will continue the implementation of social-emotional learning (SEL) Caring Schools Curriculum in our school. As a parent/community member/teacher/student, we believe that nurturing the emotional intelligence of our students is paramount to their overall development and success.

SEL is not just a buzzword but a critical component of a well-rounded education. It equips students with essential life skills that go beyond academics, helping them navigate the challenges of both the classroom and the real world. These skills include self-awareness, self-regulation, empathy, communication, and problem-solving.

September Lessons

Week 1- Creating Norms in the classroom

Week 2- Organization & Challenges w/ Norms

Week 3- Responsibly Listening

Week 4- Making Things Right



SEL Leads to...

1. Improved Academic Performance: SEL has been proven to enhance students' focus, motivation, and ability to learn. It can create a more conducive learning environment where students are better prepared to succeed academically.

2. Enhanced Relationships: SEL fosters positive interactions among students, teachers, and parents. It encourages effective communication and empathy, reducing conflicts and promoting a sense of community within the school.

3. Personal Growth: SEL empowers students to understand and manage their emotions, develop resilience, and make responsible decisions. These skills are invaluable as they transition into adulthood.

4. Bullying Prevention: SEL programs can play a significant role in reducing bullying incidents by promoting empathy, kindness, and conflict resolution.

5. Lifelong Benefits: The skills acquired through SEL are not only beneficial during school years but also serve as a strong foundation for personal and professional success in the future.

Top 5 keys to middle school success:

Sleep well

Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

Pay attention in class

Focusing and using class time wisely is one of the best ways to get ahead in middle school. Since you'll be switching around from class to class, it's important to pay attention and follow along for every minute that you can.

Ask for help

Whether it is academic, social, or emotional help, there are adults at the school ready and willing to help you. Seek out and ask for help when you feel you might need it.

Make goals

Give yourself something that you want to attain by the end of the quarter. Then, make a plan and stick with it to get there.

Think positive

Things are going to get tough and overwhelming at times. It's important to stay positive and know that you CAN do whatever you put your mind to.



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

As we enter September, it's important to acknowledge that this month is dedicated to raising awareness about suicide prevention. We want to take a moment to emphasize the significance of this issue and the role we all play in supporting each other.

During this month, we encourage open conversations about mental health and the importance of seeking help when needed. Here are a few key points to keep in mind:

1. **Be Aware:** Learn about the signs of emotional distress and suicidal thoughts. Awareness is the first step in helping someone in need.
2. **Listen and Talk:** Create a safe, non-judgmental space for your loved ones to share their feelings. Sometimes, just listening can make a significant difference.
3. **Reach Out:** If you or someone you know is struggling with thoughts of self-harm or suicide, please don't hesitate to seek help. There are professionals, hotlines, and resources available to provide support.
4. **End the Stigma:** Mental health challenges are common, and seeking help is a sign of strength, not weakness. Let's work together to break down the stigma surrounding mental health.
5. **Stay Connected:** In our community, we're a family. Stay connected with friends, classmates, and neighbors. Small acts of kindness and support can make a big difference.

Throughout this month and beyond, let's come together to promote understanding, empathy, and hope. Together, we can make a positive impact and help those in need.

If you have any questions or concerns related to mental health or suicide prevention, please reach out to our school's counseling services. **Your well-being matters to us, and we are here to support you.**



It's hard to understand how you're feeling, or you don't even know. That's why sometimes people seek counseling.
Metta World Peace