



# COUNSELOR'S NEWSLETTER



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7:30 a.m. - 2:45 p.m.  
8:00 a.m. - 3:15 p.m.

November/December 2015  
Volume 2, Issue 2

## SOUTHWEST MIDDLE SCHOOL

Be Your Best. Do Your Best.

We will be having parent conferences for those students who received two or more Ds and/or Fs on the October 30th progress report. These conferences will be held on November 9, 10 and 12. Parents will need to attend these academic rescue meetings and students will be assigned mandatory study hall until the end of the semester or until grades improve.

The Internet gives you access to a tremendous amount of information.



There is, however, a lot of information on the Internet that's unreliable or incorrect. Before you use any information that you've gotten off the Internet, make sure that it's accurate, it's from a reliable source and that the information contains facts, not someone's opinions. We use the Internet for more than gathering information. We also use it for entertainment (playing games, watching videos) and for communicating with friends. The Internet is a wonderful tool, but we must all use it responsibly. Never put anything on a site like Facebook that you wouldn't want your parents or teachers to see. Also, remember that "chatting" online with someone you don't know can be dangerous. Always be careful and *never* give out personal information.

We will be meeting with all 8th grade students for an academic review. We will be discussing their credits and their 8th grade promotion eligibility. Students will be receiving an 8th grade Academic Review form which they will take home, share with their parents, then return it with parent signature.



Don't forget your 5 daily random acts of kindness. They don't cost anything and they have a positive effect in everyone's lives. Remember that every single one of us is fighting a battle and what we choose to say can either cause a positive or negative effect on others.



### A message from your counselors...

You will be receiving final semester grades on Friday, December 18th. That is only 6 weeks away! These grades are permanent and go on your official transcript. You should be doing the following:

- ⇒ Attend assigned interventions/study hall
- ⇒ Check Jupiter/Canvas for missing assignments
- ⇒ Meet with your teacher to clarify work that still needs to be completed
- ⇒ Retake tests/quizzes
- ⇒ Read 30 minutes at home daily/Achieve 3000
- ⇒ Ask your teacher and/or counselor for assistance in raising your grade

### UPCOMING EVENTS:

- \* Middle School Curriculum Meeting, Monday, November 9th, 8 a.m.—10:30 a.m.
- \* No School, Wednesday, November 11th, Veterans Day
- \* No School, November 23rd—27th, Non-Instructional Days/Thanksgiving.
- \* **FINAL EXAMS, DECEMBER 14TH—16TH**
- \* **FINAL SEMESTER GRADES, DECEMBER 18TH**
- \* Winter Break, December 21st—January 11th
- \* School resumes for students, Tuesday, January 12th.

#### You Aren't Helpless

If you're being bullied, you aren't helpless. Here are some things you might try:

- ◆ Tell a friend
- ◆ Walk away
- ◆ Tell your teacher/counselor
- ◆ Try not to be alone
- ◆ Don't fight back
- ◆ Write it down

#### It's Not Your Fault

A bully doesn't pick on you because of something you did. The bully is picking on you because of the way *he* or *she* feels. Some people bully others as a way of feeling popular, showing off or making themselves look tough. Others think that intimidation is the best way to handle problems. Often, they've been the victims of bullying themselves. So if someone is bullying you, don't think it's your fault.