



COUNSELOR'S NEWSLETTER



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

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SOUTHWEST MIDDLE SCHOOL

Be Your Best. Do Your Best.

On behalf of the counseling center we would like to welcome you back to a new school year. Southwest Middle School's counseling staff is committed to the growth of students' academic, career and personal/social development and we are here to assist you.

On August 26 and 27, we held our You Make a Difference presentations. Students learned that we are all fighting a battle and what comes out of our mouth can either cause a positive or negative effect on others. Students watched the following video:

www.randomactsofkindness.org/kindness-videos/1033-paradigm-shift. Students, along with teachers and staff, were challenged to do a minimum of five random acts of kindness throughout the school day and possibly add a few more at home. They were also asked to create posters with kindness signs that will be displayed on campus. Please watch the video we shared with our students:

www.randomactsofkindness.org/kindness-videos/1184-signs-of-the-kind-2. Any student who turns in a poster will be entered into a raffle for different prizes.



We will be holding our **Looking Ahead Assemblies** through PE classes. We will hold the 8th grade assemblies on Friday, September 11th and the 7th grade assemblies will be held on Friday, September 18th. These assemblies will cover promotion requirements, Compact for Success, credits, A-G requirements, GPA, college entrance requirements, yearly earning potential and what students need to do now.

COUNSELORS PLC: Fridays, 2-3 p.m.

The Compact for Success Fieldtrip is on Saturday, October 24th. Bring a parent and learn how to get guaranteed admission to SDSU. You will experience a fun-filled morning with lots of prizes and giveaways. You will get to tour SDSU, get a free t-shirt, enjoy a free lunch and receive a free dress pass. Don't miss out! Stop by the counseling center

UPCOMING EVENTS:

- * **PROGRESS REPORT CARD #1, FRIDAY, SEPTEMBER, 4TH**
- * No School, Monday, September 7th, Labor Day
- * Middle School Curriculum Meeting, Monday, September 14th, 8 a.m.—10:30 a.m.
- * Fall Break September 21st—October 3rd
- * **School Resumes, Monday, October 5th**
- * All Counselor's Meeting, Monday, October 12th, 7:30 a.m.—12 p.m.
- * Compact for Success lunch assembly, Wednesday, October 21st at Stage Area
- * **COMPACT FOR SUCCESS FIELDTRIP, SATURDAY, OCTOBER 24TH, 7:00 A.M.—1:00 P.M.**
- * **PROGRESS REPORT CARD #2, FRIDAY, OCTOBER 30TH**



What do your counselors do...

- ◆ Explain to students how school performance relates to future careers and potential earnings.
- ◆ Help create a safe, respectful and responsible school environment for optimized learning.
- ◆ Help students learn conflict resolution and mediation skills.
- ◆ Coordinate referrals to outside agencies.
- ◆ We monitor grades and help with the implementation of interventions to increase student success.
- ◆ Counsel students individually or in groups.
- ◆ Advocate for students—we listen to you and help you come up with solutions.

For your information:



- ⇒ We are available during students lunch, nutrition break and after school.
- ⇒ Parents are welcome to come by the counseling center anytime. You may also meet with us by appointment. To schedule an appointment, please contact Mrs. Bravo at (619) 628-4017.