

COUNSELOR'S CORNER

The Counseling Office is open for walk-in office hours for students before school, during TDS, lunch, or after school. Stop on by, we look forward to meeting you!

T O M A H M I D D L E S C H O O L
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FEBRUARY AWARENESS DATES

2/1: National Freedom Day
2/2: National Groundhog Day
2/3-7: National School Counseling Week
2/17-21: Random Acts of Kindness Week
2/22: World Thinking Day
African American History Month
Teen Dating Violence Awareness & Prevention Month

FEBRUARY 2020

Your school counselors:

- Mrs. Hewuse: 8th grade and 7th graders last name A-K.
- Miss Hayes: 6th grade and 7th graders last names L-Z.

It has been a busy January meeting with 8th grade students and parents/guardians for Career Conferencing! Thank you to all of the parents/guardians who have been participating in our meetings. We look forward to continuing our conferencing throughout February and March! If you are still interested in signing up for a Career Conference with your student, please use the link below to sign up!

We have concluded our first 12-week Healthy relationship small group. Please feel free to contact us if you would like your 8th grader to be a part of this group! Starting in March, we will begin our next small groups sessions.

Peace of Mind Counseling LLC, an outside therapy and counseling service, has been available for services in the Counseling Office. We have now added another counselor from Peace of Mind Counseling! Peace of Mind Counseling is spending 4-5 days a week in our school meeting with students. Before meeting with the Peace of Mind counselor, students must have informed consent and formal paperwork completed by a parent/guardian. *If you are interested in your child being a part of this wonderful therapy resource, please have them see one of the school counselors!*

National School Counseling Week 2020 (#NSCW2020) is Feb. 3-7, 2020. The week, sponsored by the American School Counselor Association (ASCA), highlights the unique contribution of school counselors within U.S. school systems and the tremendous impact they can have in helping students achieve school success and plan for a career. We are honored when students and parents request our services. Just a reminder that we are here for you and your student. Thank you for allowing us to be a part of your child's life!

Below are a couple of resources that we have utilized in sharing information about healthy relationships with the 8th grade students. We look forward to continuing to educate on the importance of healthy relationships the rest of the year!

[Sexting Relationships & Risks](#)
[The 5 Love Languages \(Teens\)](#)

Resources for parents:

[How to Help Kids Dodge Cigarette Vaping & Pot Marketing-Staying Smoke Free](#)