

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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JANUARY AWARENESS DATES

- 1/1: Global Family Day
- 1/19: World Religion Day
- 1/20: Day of Service, MLK Jr.
- 1/20:-24: No Name-Calling Week
- 1/21-26: National Drug & Alcohol Facts Week
- National Thank You Month
- National Mentoring Month

JANUARY 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.

December has come and gone! We have been thankful for busy days in the counseling office, especially being able to spend a great deal of time with the students before break! During the month of December, the 8th grade class has been working on finishing career development work in the classroom. Healthy relationship small group has continued throughout the month as well. We have been fortunate to have Brighter Tomorrow's come in to assist us in running small groups with the 8th grade students. Our healthy relationships group also had a guest speaker

from Planned Parenthood. Peace of Mind Counseling LLC, an outside therapy and counseling service, has been available for services in the Counseling Office. A counselor from Peace of Mind Counseling is spending 2-3 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!*

Important 8th Grade Career Conferencing Information:

Due to errors in scheduling we sent out for career conferencing, we ask that you disregard the conference time and day that was designated to you. An updated letter of information and an email will be sent to you. The email will allow you to electronically sign up for specific days and times for you and your student to meet with the school counselor they have been completing career work with. **Thank you for your patience in this!**

We look forward to an individual meeting with you and your student to discuss future dreams, goals, and career plans. Our goal is to share information about your student's strengths, interest, abilities, and potential and help manage the educational and career planning process. If you would like to request a day and time outside of what is provided, please contact the school counselor your student will be working with for career work! Conferences will be held in the counseling office with Mrs. Hewuse or Miss Hayes and your student.

ENJOY THE HOLIDAYS!

Resources for parents:

[How Plugged In Families Can Have A Device "Freeish" Holiday](#)

[Explaining the News To Our Kids](#)