

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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MARCH AWARENESS DATES

3/1: Self-Injury Awareness Day

3/2: Read Across America Day/Dr. Seuss's Birthday

3/2-6: National School Breakfast Week

3/8: International Women's Day

3/21: International Day for the Elimination of Racial Discrimination

3/21: Transgender Day of Visibility

Gender Equality Month,
Women's History Month, Music in Our
Schools Month, Youth Art Month,
National Nutrition Month,
Middle Level Educational Month

MARCH 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.

We are starting to wrap up Career-Educational Conferencing for the 8th grade students and parents/guardians! It has been a busy February meeting with 8th grade students and parents/guardians for Career-Educational Conferencing. Thank you to everyone who has participated in our conferences.

We are actively looking for families to be a part of the 2020 Strengthening Families Program starting in March! The Strengthening Families Program for Parents and Youth 10 - 14 is a nationally recognized curriculum designed to reduce substance use and other problematic behaviors in youth ages 10 to 14. This six-week program, designed at Iowa State University, brings parents and children together in highly interactive sessions that improve parenting skills, build life skills in youth,

and strengthen family bonds. Dinner and childcare are provided at no charge. Meetings will take place from 5-7:30 pm at Robert Kupper Learning Center. We look forward to meeting your family!

Meeting dates:

Tuesday, March 17

Tuesday, April 7

Tuesday, March 24

Tuesday, April 14

Tuesday, March 31

Tuesday, April 21

Booster Session: Tuesday, May 12

If you have questions please contact:

Cheryl Schick

cherylschick@tomah.education

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!*

Resources for parents:

[How to Talk to Kids about Race and Racism](#)