

November 3, 2020

Rachel Carson Middle School

# Counselor Newsletter

## Happy Fall!

Dear students and parents,

**Happy Fall Season!** We are officially in the second quarter, and we are very glad that we have gotten to "virtually meet and chat" with most of you during our counseling Panther Time lessons.

We know the start of this school year was probably a bit challenging for many of you trying to handle this virtual schooling. However, you have managed to persevere through it, and have tried your best to handle this new way of learning. Thus, we are very proud of you students for all your hard work during the first quarter, and we are hopeful that you will continue to persevere and try your best during this second quarter.

If you did not do as well as you expected during the first quarter, please know that you now have a fresh new start to improve your grades.

Remember to do the following:

- ◆ Ask questions in class
- ◆ Start your work and submit it on time
- ◆ Use your teachers' office hours to get extra help if you need it.

Also remember to take time each day to stand up and stretch, eat something healthy, or do a fun activity of your choice at the end of the day as part of your "self-care" routine.

Being behind a screen all day can be tiring on all of us, so it's very important that you also find healthy ways to cope during the day.

## Looking ahead

Based on the Student Needs Assessment Survey that we provided to you via our Google Classroom site, as well as other factors, we counselors will plan to do the following programs to support you during the next few months:

- ◆ Lessons in November on Stress Management
- ◆ Small Lunch Social Groups
- ◆ Groups to target certain topics such as stress management or other concerns
- ◆ Staff Mentoring Program (open to a limited number of selected students)

## Talk to us

As always, if you have any questions or concerns, or just need someone to talk to, remember we are only an email away. Feel free to email us and/or set up an appointment with us to do a phone or Google chat during the school hours. We want to support you!

Enjoy your fall and winter season!



## Resources

Please remember to regularly check out the various resources we have for you. Here are a few:

- ◆ **Google Classroom Announcements**
- ◆ **Carson Student Central Site**
- ◆ **Student Services Google Website**  
(<https://sites.google.com/fcpschools.net/rcms-virtual-resources-servic/student-services-directory>)

## Join a club!

Also consider joining at least one after-school virtual club/activity as part of your overall positive school engagement.

## We're here for you!

The Counseling team is committed to providing every student with care, support and encouragement. We are also here to support parents as well. Feel free to reach out to your counselor!

