

October 2017

PHMS School Counseling And Advisement News



What are we up to?

- The School Counseling and Advisement Advisory Council met on October 11th. This is a group comprised of teachers and parents as well as representatives from feeder schools and community agencies. The purpose of the group is to offer feedback and suggestions on programs and initiatives that strengthen the services provided by the School Counseling department.
- On October 12th the 8th graders went on a field trip to the Lexington Technology Center. The trip was designed for the students to learn and explore possible careers and fields of
- at LTC, as well as learn about different pathways to careers.
- Our program goals this year will be to strengthen study skills for 6th graders, increase awareness of career clusters and LTC offerings for 7th graders, and support students in all grades who have had multiple discipline referrals.
- Leadership lessons will be presented at all grade levels during the months of October and November. These lessons will focus on study skills, bullying prevention, and career development.
- We are running small groups on the topics
- of stress reduction, self-esteem and study skills. If you would like to refer your child to one of these please let us know.
- On November 7th, Joe Ryan from the SC Attorney General's Office will be presenting valuable information to all students on the safe use of the internet and social media.
- We will be coordinating College Day on November 21st. Staff will share their particular post-secondary pathways with students and will be wearing their alumni gear.

Parent Tip of the Month:

Technology is ever changing and we have found that most of the time, our kids are more advanced and knowledgeable in this world of cyber space, than we are. Even though you may feel inadequate when it comes to navigating your child's life in this tech savvy world, there are things you can and should be doing. In the link provided below, you will find many articles, resources, and helpful tips on how to guide your child as they take on the responsibilities of having a personal device. Please feel free to reach out to your child's counselor if you would like more resources or help in this area.

<http://www.chicagonow.com/between-us-parents/2017/08/kids-and-tech/>

Contact Us!

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PHMS Ambassadors:

We have interviewed and selected our 2017-2018 PHMS Ambassadors, and we have already started working with these students on several projects/events. The Ambassador program is designed for 7th and 8th grade students who exemplify leadership.

We are excited to announce this years Ambassadors to you:

7th Grade

Lexie Branham
Sally Bumgarner
Emily Campbell
Chloe Carpenter
Makayla Holmes
Megan Imker
Gabiella Minogue

Sera Nadeau
Peyton Nash
Abigail Stabler

8th Grade

Vanessa Berg
Chesley Blake
Grace Fairchild
Laura Lake
Rhett Peeples
Hayden Roof
Amelia Waldrop