

October 2016

PHMS School Counseling And Advisement News



What are we up to?

- The School Counseling and Advisement Advisory Council met during the month of October. This is a group of people 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 and Advisement department.
- On October 15th, 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 study that are offered at LTC, as well as learn about different pathways to careers.
- We are finishing up our lunch bunches for 6th graders and will begin new small groups in the next couple of weeks. Topics will include study skills, dealing with stress, and self-esteem. These groups meet each week for 6-8 weeks and allow students to learn techniques and strategies to better equip them as middle school students. As always, we encourage you to notify us if you would like to refer your child to one of these groups or for a counselor to visit with your child for any reason.
- One of our program goals this year is "students will identify their primary learning style by an increase of 20% from Fall 2016 to Spring 2017 survey data." Strategies to address this goal will include leadership lessons within each classroom as well as learning style assessments accessed through Naviance, our career development website.
- The classroom Leadership Lessons that we are teaching during the months of October and November are: 6th grade –making academic and personal SMART goals; 7th grade – Cyber bullying; 8th grade – Drug and Alcohol prevention/ decision making.
- We continue to see students individually. We receive referrals from parents, teachers and students. The types of sessions include academic planning sessions, individual counseling, and response to crises. For academic planning sessions, we review grades as well as standardized test scores. We create a plan for studying, provide strategies for studying and maintain close contact with the student. Topics for individual counseling are varied but may include friendship issues, test anxiety, grief and loss, and family transitions.

Parent Tip of the Month:

Parenting a middle schooler is tough. According to the article link below, these are the top 10 skills middle school students need to thrive, and also includes tips on how parents can support their children:

1. Make good friend choices.
2. Work in teams and negotiate conflict.
3. Manage a student-teacher mismatch.
4. Create organization and homework systems.
5. Monitor and take responsibility for grades.
6. Learn to self-advocate.
7. Learn to regulate emotions.
8. Cultivate passions and recognize limitations.
9. Make responsible, safe and ethical choices.
10. Create and innovate.

<https://www.washingtonpost.com/news/parenting/wp/2016/02/29/top-10-skills-middle-school-students-need-to-thrive-and-how-parents-can-help/>

Contact Us!

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PHMS Ambassadors:

We have interviewed and selected our 2016-2017 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 year's Ambassadors to you:

7th Grade

Chesley Blake
Laura Lake
Rhett Peebles
Hayden Roof
Amelia Waldrop

8th Grade

Madelyn Cooper
Jasmin Giles
Garrison Holdman
Darcee Jacobs
Makayla Keisling
Carolyn Shealy
Ella Shealy
Alli Silver
Garrett Spees