

February 2018

PHMS School Counseling And Advisement News



What are we up to?

- As we begin 2nd semester, the school counselors are diligently working on their 8th grade Individual Graduation Plan (IGP) conferences. During the IGP meeting, school counselors discuss the following information with students and their parent(s): (1) scholarships and grants through the SC Commission on Higher Education Department, (2) 8th grade placement for high school World Language courses, (3) requirements for a high school diploma and four year colleges and universities, (4) SC Uniform Grading Scale conversions, (5) courses available at the Lexington Technology Center and through SC/Lexington One's virtual school, (6) Lexington One's Centers of Advanced Study, and (7) Lexington One's Curriculum Framework. After discussing this information, the school counselors discuss career pathways and have students identify one or two career clusters that they would like to pursue in high school and beyond. At the conclusion of the meeting, students make their 9th grade course selections based on recommendations from their 8th grade teachers and career interests.
- Groundhog Job Shadowing Day took place on February 2 this year. The purpose of this day is to expose students to different types of careers. 6th grade students participated in a school based activity that furthers their awareness of the sixteen career clusters. Students in 7th grade were able to job shadow someone in their family. And, 8th graders had the opportunity to job shadow anyone of interest with parent and site permission. We hope your children enjoyed and learned on this day.
- We continue to provide support to students, teachers, and families through counseling sessions and consultations. Please don't hesitate to call us if your child needs support in academic, personal or social areas.
- Our department, once again, coordinated the Giving Tree this year. Through generous donations from faculty, staff, and some of our PHMS student families, 15 families were served through this program.

Parent Tip of the Month:

Promoting kids' mental well-being has a lot to do with attitudes, expectations, and relationships. Dr. Jonathan Singer, Ph.D., LCSW recommends parents consider encouraging and promoting mental well-being through the following:

1. Want the best for you child, not for your child to be the best. Set reasonable expectations for your children.
2. Prioritize sleep.
3. Talk with your teen...but more importantly, listen. Use the words, "tell me more." Although they may not say it or act it, they want and need a connection to and with you.
4. Let them see you taking care of yourself. Model positive coping strategies, calm decision-making, and positive self-care.
5. Be supportive. Help your child solve problems without "fixing" those problems for them. Keep calm and parent on.

https://www.caringforkids.cps.ca/handouts/mental_health

<http://www.chicagonow.com/between-us-parents/2017/12/5-things-parents-can-do-to-promote-their-teens-mental-well-being/>

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PHMS Ambassadors:

One purpose, goal, and expectation of being a PHMS Ambassador is serving our school and community in various ways. Our current Ambassadors have gone above and beyond in serving not only our school, but another school as well.

During the months of October,

November, and December our fabulous Ambassadors visited Pleasant Hill Elementary School every other week to help first graders reach their "100 Book Club" goals. These visits consisted of our Ambassadors pairing up with one or two first graders in the library of PHES to focus on reading

age appropriate books.

Both our Ambassadors and participating first grade students loved the one on one time they had together. We plan to continue these visits to PHES during the last few months of the school year.