

SDUHSD MIDDLE SCHOOL COUNSELING NEWSLETTER

MAY/JUNE 2019

SDUHSD middle and high school counselors are committed to working in partnership with parents/guardians in supporting student social and emotional well-being. Recognizing that middle school is a time of significant change, middle school counselors will be using this bi-monthly newsletter as a forum to share information about essential topics using a Social and Emotional Learning (SEL) framework that focuses on five key areas: relationship skills, responsible decision-making, self-management, self-awareness, and social awareness. Social and emotional well-being sets the groundwork for a safe and positive learning environment and enhances a student's ability to lead a well-balanced life.

Responsible decision making & good choices

This month's newsletter will focus on responsible decision making and good choices. The summer months are a very important time of year to remember these two things. There are many summer programs and opportunities for your child. Sit down with your student to brainstorm some summer activities now so you have a plan ahead of time. Balance is extremely important when scheduling your summer months. Consider family time, friend time, and free time when making summer plans. Be flexible but keep routines so the transition back to school in August is easier on the whole family.

It is also important to have a watchful eye from a distance during the summer months. Spend time getting to know your students' friends and get involved when possible. Summer is also a great time to decompress and de-stress. Some structure is important but also try to make sure to give your student a break from academics overscheduling.

Parenting tips:

- Active listening
- Hosting your students friends for summertime fun
- Volunteer to drive your student and their friends
- Monitor screen time
- Ask open-ended questions
- Eat dinner as a family with NO electronics or television
- Praise your child when making good choices or when they display an act of kindness

Summertime Fun Ideas!

FAMILY

Concert in the Park
Movie Night
Family Dinners
Balboa Park
Hike/Ride Bikes

FRIENDS

Beach Day
Pool Party
Game Night
Waterpark
Mini Golf

FREE TIME

Read a Book
Puzzle
Draw/Paint
Volunteer
Take Photos

Educational Apps

Enjoy a few engaging, and educational Apps recommended for Middle School Students

Elevate:

Brain training improve attention and memory

Games target skills in writing, listening, speaking, reading, and math.

DuoLingo:

Language-learning app

Vocabulary, listening, and speaking skills
23 Different languages

Mad Libs:

Classic word game

Students practice the basic parts of speech in 21 FUN stories

Prodigy:

Curriculum-aligned math game

Students engage in fun skill building MATH adventures

Stop, Breathe & Think:

Mindfulness app

Help de-stress with a series of short meditations

Write a Letter to your school.



Pacific Trails Middle School

Counseling

News from Counselor Curry

As we wrap up the semester, there will be two more grading periods to look for in Aeries.

D/F Notification

On Wednesday, May 22, students earning a D or F grade will receive a D/F Notification in the column of the grade table labeled "2SDF".

Second semester final grades

Second semester grades will be posted in the column of the grade table labeled "2nd Sem". These are the grades that post onto the middle school transcript on Wednesday, June 19.

4th Quarter at PTMS focuses on Emotional Wellness. We have several fun lunch activities planned with the support of ASB. Encourage your child to participate!

Wishing you a wonderful, relaxing, and safe summer!

