

STUDENT SERVICES SPRING NEWSLETTER

NOTE FROM YOUR SCHOOL PSYCHOLOGIST

SCHOOL PSYCHOLOGISTS RECEIVE ADVANCED GRADUATE PREPARATION THAT INCLUDES COURSEWORK AND PRACTICAL EXPERIENCES RELEVANT TO PSYCHOLOGY AND EDUCATION. SCHOOL PSYCHOLOGISTS ARE CHILD ADVOCATES. WE PROVIDE DIRECT SUPPORT AND INTERVENTIONS TO STUDENTS; CONSULT WITH TEACHERS, FAMILIES, AND OTHER PROFESSIONALS TO SUPPORT STUDENTS' ACADEMIC, SOCIAL, AND EMOTIONAL DEVELOPMENT; WORK WITH SCHOOL ADMINISTRATORS TO EVALUATE SCHOOL-WIDE PRACTICES AND POLICIES; PROVIDE CRISIS PREVENTION AND INTERVENTION SERVICES, AND COLLABORATE WITH COMMUNITY PROVIDERS. SCHOOL PSYCHOLOGISTS ALSO CONDUCT PSYCHOLOGICAL AND ACADEMIC EVALUATIONS AND WORK WITH TEACHERS TO DESIGN INDIVIDUALIZED ACADEMIC AND BEHAVIORAL INTERVENTIONS FOR STUDENTS WITH DIVERSE NEEDS.

STUDENT ATTENDANCE MATTERS

****The School District of Elmbrook's attendance policy allows ten (10) excused absences per year. After that, the student is considered to be truant and will need doctor notes for all subsequent absences. *Doctor notes are considered "exempt," and do not count towards your child's 10 excused days.**
WHMS Attendance Line - 262-780-8083



STUDENT SERVICES TEAM

MARGO BLOMQUIST - 6TH GRADE COUNSELOR
COLLEEN GONZALEZ - 7TH GRADE COUNSELOR
JASON GRODSKY - 8TH GRADE COUNSELOR
PEGGY RIEMER - SCHOOL PSYCHOLOGIST
NICHOLE LAHODIK - SCHOOL SOCIAL WORKER
KAYLA SIMPSON - STUDENT SERVICES ASSISTANT.

STUDENT SERVICES PHONE #
262-780-8080

HEALTH & WELLNESS - JOURNALING

JOURNALING IN SOME SHAPE OR FORM HAS BEEN AROUND SINCE HANDWRITING ITSELF. YOU MAY BE THINKING, JOURNALING IS NOT FOR ME.... BUT TODAY THERE ARE SO MANY DIFFERENT OPTIONS TO JOURNALING. THERE IS THE TRADITIONAL DIARY STYLE, GRATITUDE JOURNALING, VIDEO JOURNALING, ART JOURNALING, AND MANY MORE.

YOU CAN ALWAYS TRY ONE AND IF IT ISN'T A GREAT FIT, TRY A DIFFERENT ONE.

SOME PROMPTS TO GET YOU STARTED

- HOW AM I FEELING?
- WHAT HAPPENED TODAY?
- CREATE A LIST OF YOUR GOALS, MEMORIES, FAVORITE BOOKS, HOBBIES.
- ASK "IF" QUESTIONS - EXAMPLE: IF YOU COULD LIVE IN A FICTIONAL WORLD, WHICH WOULD YOU CHOOSE AND WHY?
- IMPROVES MENTAL HEALTH
- ENCOURAGES SELF-CONFIDENCE
- BOOSTS EMOTIONAL INTELLIGENCE
- HELPS WITH ACHIEVING GOALS
- INSPIRES CREATIVITY
- BOOSTS MEMORY
- ENHANCES CRITICAL THINKING SKILLS
- HEIGHTENS ACADEMIC PERFORMANCE
- STRENGTHENS COMMUNICATION AND WRITING SKILLS

IMPORTANT DATES COMING UP



May 5th - Quarter 4 Mid-term Grades Posted
May 9 - 19 - MAP testing
May 29th - NO SCHOOL - MEMORIAL DAY
June 8th - LAST DAY OF SCHOOL
June 8th - 8th Grade Promotion Ceremony @ 11:00

ATTENTION/FOCUS

IT CAN BE VERY DIFFICULT TO STAY FOCUSED ON A TASK ESPECIALLY FOR A MIDDLE SCHOOLER. THERE COULD BE SEVERAL REASONS WHY YOU ARE HAVING A DIFFICULT TIME CONCENTRATING. SOME COMMON ONES ARE: LACK OF PRACTICE, NOT UNDERSTANDING THE MATERIAL, NOT BEING CHALLENGED, LACK OF MOTIVATION, SCHOOL ANXIETY, OR DISORGANIZATION PROBLEMS. IDENTIFYING WHY YOU ARE HAVING A DIFFICULT TIME FOCUSING IS A GREAT PLACE TO START BECAUSE THEN YOU CAN FORM A PLAN TO HELP TACKLE THE ISSUE.

YOU MIGHT SAY "I CAN PLAY VIDEO GAMES FOR HOURS... WHY CAN'T I FOCUS IN CLASS?" YOUR BRAIN ACTIVATES DIFFERENTLY WHEN YOU ARE PARTICIPATING IN A FAVORITE ACTIVITY. SO IT IS IMPORTANT TO TAKE STEPS TO IMPROVE YOUR ATTENTION/FOCUS WHEN DOING LESS DESIRABLE TASKS.

BASIC ESSENTIALS TO HELP IMPROVE MY ATTENTION/FOCUS?

- MIDDLE SCHOOLERS - GET 10 HOURS OF SLEEP A NIGHT.
- ADULTS - GET AT LEAST 7 HOURS OF SLEEP
- HYDRATE! YOUR BRAIN CONSUMES UP TO ONE-THIRD OF ALL WATER YOU INGEST. ITS IMPORTANT TO MAKE SURE YOU ARE FUELING YOUR BRAIN WITH WATER.
- TAKE ELECTRONIC FREE TIME TO DO BRAIN EXERCISES EVERY DAY (PUZZLE, MAZE, MEMORY, CROSSWORD PUZZLE)

"10 REASONS YOUR CHILD CAN'T CONCENTRATE IN SCHOOL (THAT AREN'T ADD)." MAR. 2018: N. PAG. PRINT. VAWTER, DAVID. "MINDING THE MIDDLE SCHOOL MIND." 41 MIDDLE MATTERS 41 MAR. 2009: N. PAG. PRINT.

MEET MR GRODSKY



I HAVE BEEN AT WISCONSIN HILLS FOR THE PAST 5 YEARS AS A SCHOOL COUNSELOR. PRIOR TO MY ROLE HERE I WAS A COUNSELOR AT PRINCE OF PEACE. WHEN I AM NOT AT SCHOOL YOU WILL FIND ME ON THE BASEBALL FIELD OR WITH MY FAMILY. I HAVE BEEN COACHING BASEBALL FOR 20 YEARS NOW.

MY ROLE AT WHMS: SCHOOL COUNSELOR
NUMBER OF SIBLINGS: 2 NUMBER OF CHILDREN: 2
FIRST JOB: BASKETBALL REFEREE
FAVORITE FOOD: COUSINS SUBS
FAVORITE MOVIE: MAJOR LEAGUE
FAVORITE SUBJECT: MATH
FAVORITE ANIMAL: PARAKEET
FAVORITE GAME: SCRABBLE
FAVORITE VACATION DESTINATION: SOMEPLACE WARM

MEET MS. RIEMER



THIS IS MY 6TH YEAR AT WHMS, AND MY 23 RD YEAR IN THE DISTRICT. BEFORE WHMS I WAS THE PSYCHOLOGIST AT BEHS, THE G/T COORDINATOR AT BEHS/BCHS, AND THE PSYCHOLOGIST AT WASHINGTON HS IN MPS. WHEN I'M NOT AT WORK I ENJOY LANDSCAPING PROJECTS, COOKING, CAMPING, AND HIKING WITH MY GERMAN SHEPHERD, AXEL. I'M ALSO A LOYAL MU BASKETBALL AND ALABAMA CRIMSON TIDE FOOTBALL FAN.

MY ROLE AT WHMS: SCHOOL PSYCHOLOGIST
NUMBER OF SIBLINGS: 3 NUMBER OF CHILDREN: 2
FIRST JOB: BABYSITTING
FAVORITE FOOD: GRILLED CHEESE
FAVORITE MOVIE: NAPOLEON DYNAMITE
FAVORITE SUBJECT: SCIENCE
FAVORITE ANIMAL: DOGS
FAVORITE GAME: HEADSUP!
FAVORITE VACATION DESTINATION: NYC

WHAT CAN I GO TO MY SCHOOL PSYCHOLOGIST FOR?



- ACADEMIC CONCERNS
- SOCIAL/EMOTIONAL CONCERNS
- FAMILY CONCERNS
- ASSISTANCE WITH CONFLICT RESOLUTION
- ACCESS TO COMMUNITY RESOURCES
- ADVOCACY
- GOAL SETTING

ENGAGED IN EXCELLENCE AWARDS



TO OUR FINALISTS FROM WHMS STUDENT SERVICES TEAM



MRS. LAHODIK



MRS. SIMPSON

STRESS MANAGEMENT TECHNIQUE

Stay Calm • Stay Safe • Stay Present



Mindfulness 5-4-3-2-1

5 Things you can see
4 Things you can touch
3 Things you can hear
2 Things you can smell
1 Thing you can taste