

# COUNSELOR CONNECTION



(From Left): Harry Brown, Dru Klein, Jayna Dash, Janet Goldstein, Cara Graham

## MERCER ISLAND SCHOOL DISTRICT:



Dru Klein (A-G)  
Janet Goldstein (H-O)  
Jayna Dash (P-Z)

## MERCER ISLAND YOUTH & FAMILY SERVICES:



Harry Brown  
Cara Graham

## WELCOME BACK!

Welcome to the 2023-2024 school year! We hope you had a wonderful summer filled with rest, relaxation, and quality time with loved ones. As the Counseling Team at IMS, we are excited to be here to support you and your student(s) through their middle school experience. Please don't hesitate to reach out to us if we can be of assistance in any way. As always, we look forward to partnering with you! We wish you an awesome year!



Adolescence can be a challenging time, and we want to ensure that our students have the necessary support systems in place. Throughout this school year, we will be implementing various initiatives and resources to address teen mental health. We encourage you to stay engaged and to reach out to us if you have any concerns or questions about your student. We are open to hearing from parents about current "hot topic" issues that you'd like to learn more about. We value new learning and are welcome opportunities to explore content and topics that our parent community find valuable.



## HOW CAN A COUNSELOR HELP?

We understand that navigating the academic and emotional needs of your child can sometimes be challenging, especially during the Middle School years. Our counseling team is here to offer our support. Here is sampling of the topics that we can help out with:

1. Academic concerns or difficulties
2. Social-emotional support for your child
3. Conflicts with peers
4. Family changes or transitions
5. Anything else

## TIPS FOR TRANSITION

Starting middle school can be an exciting yet challenging time for students. To help ease this transition, here are a few tips:

- Encourage open communication: Encourage your child to share their thoughts, concerns, and experiences with you or another trusted adult. This will help them feel supported and understood during this new phase.
- Establish routines: Help your child establish consistent routines for homework, sleep, and extracurricular activities. This will provide them with a sense of structure and stability.
- Foster independence: Encourage your child to take on responsibilities, such as organizing their own materials and managing their time effectively. This will promote their independence and self-confidence.



### ATTENDANCE MATTERS

Regular attendance is crucial for student success. When students attend school consistently, they have the opportunity to fully engage in their learning, build strong relationships with their peers and teachers, and develop important skills for their future. We encourage all families to prioritize attendance and ensure that their children are present and ready to learn every day. If your student is facing any challenges in attending school, please don't hesitate to reach out to an IMS counselor. We believe that early intervention is critical, as missed days can lead to anxiety and may potentially impact their mental health.

### LUNCH GROUPS



#### Events & Reminders

The counseling team is excited to offer (and host) lunch groups every day of the week, in room #113, starting 9/11/23.

- Monday: Marvelous Monday
- Tuesday: "Terrific Tuesday"
- Wednesday: Girls Group
- Thursday: Sources of Strength
- Friday: Fun Friday

### CURRICULUM NIGHT: SEPTEMBER 19TH

We want to remind you that Curriculum Night will be taking place on September 19th. This is a special evening where you will have the opportunity to meet your child's teachers, learn about the curriculum, and ask any questions you may have. Please note that since it is an event for the entire school, parking may be limited. We highly encourage you to plan ahead and consider carpooling if possible.