



Welcome to the Middle School Counseling Office

Mrs. Consulmagno

Mr. Fischer

Mrs. Biland

Ms. Reina

Mrs. Catena



Be You ♥
♥ Be True
Just Be ♥



Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

Mrs. Consulmagno
Student Assistance
Counselor

mindset
is
everything

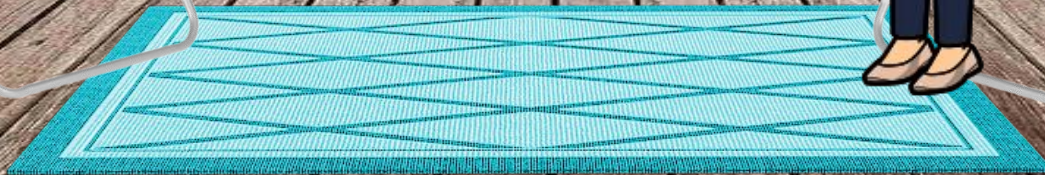
TODAY IS A
good day
to have a
great
day.





Welcome
Mr. Fischer
A - Dim
School Counselor









Welcome to Our Virtual Resource Room

SMS
CARES



KEEP
CALM
AND SEE YOUR
SCHOOL
COUNSELOR



Student
Handbook
2023-2024



*Click on the
frames for
information!*

After School ABC Group

Adventure Based Counseling facilitated by Mr. Fischer. Group starts in October 2023. More information will be shared on the morning announcements.

988 Suicide & Crisis Lifeline



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United

Perform Care

*“Hub” for access to behavioral/mental
health services for children and
adolescents*

1-877-652-7624

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

Help Your Child Combat Loneliness and Feel Connected

For families quarantining and social distancing, it's important to look for opportunities allowing children to enjoy meaningful interactions with others.

For Older Children

- Write to people they admire: Artists, singers, authors, illustrators, gamers — the list is endless.
- Research colleges, universities and trade schools.
- Spend time on social media (with boundaries!).
- Look through their yearbooks.
- Phone, Facetime, Google Hangouts, Zoom, and Skype are all modalities for “meeting” online.
- Connect with local online groups. Many Dungeons and Dragons aficionados have moved sessions online.
- Online gaming
- Scrapbook using photos of family members or friends who they miss.
- Create a how-to tutorial for YouTube or TikTok on something they enjoy doing.
- Research if your house of worship offers online teen meetups.
- Find a cause to advocate for online. Many organizations have found ways to utilize volunteers and activists during COVID.
- Make sure teens have access to a Teen Lifeline.
- They can be found in most communities and in countries around the world.

(Encourage Successful Time Management for Your Child)

1. SCHEDULE IN TIME FOR HEALTH AND WELLNESS
2. BE REALISTIC
3. MANAGE TIME WITH CALENDARS
4. USE ALARMS

Mindful Morning

5

Slowly take five deep breaths.



4

List four things you can see or notice around you.



3

List three things you are grateful for.



2

Say two positive self-talk statements to yourself.



1

Name one thing you are looking forward to today.



Thank You!

We are looking forward to a
great and successful year.