



# Welcome to the Middle School Counseling Office

Mrs. Consulmagno

Mr. Fischer

Mr. Seesselberg

Ms. Reina

Mrs. Catena/Ms. Raub

Mrs. Young



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

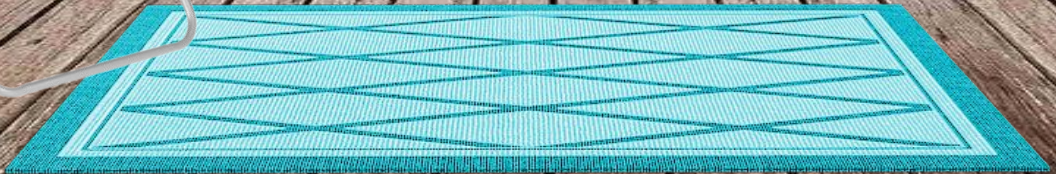
TODAY IS A  
good day  
to have a  
great  
day.





Welcome  
Mr. Fischer  
A - Dim  
School Counselor











# Welcome to Our Virtual Resource Room

SMS  
CARES



KEEP  
CALM  
AND SEE YOUR  
SCHOOL  
COUNSELOR



Student  
Handbook  
2024-2025



*Click on the  
frames for  
information!*

# **After School ABC Group**

Adventure Based Counseling facilitated by Mr. Fischer. Group starts in Mid-October 2024. More information will be shared on the morning announcements.

# Groups offered during school:

Base Group: Offered during school for all grade levels. Students will set goals and create action plans to accomplish them.

Girls Group: Students will discuss a new topic and engage in related activities. Topics include: Self-esteem, friendship, healthy communication and more!

# 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                |

# (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.