

# Counselor's Corner



Fulton County Middle School | February 2025



## IN THE CLASSROOM

### FEBRUARY CLASSROOM LESSONS:

Middle school **career studies** provide opportunities for career exploration, build self-awareness, learn about potential careers and develop a plan to reach future goals. It capitalizes on their developing abilities to think abstractly, and their preferences for teamwork and active learning through relevant real-life scenarios.

### STUDENTS OF THE MONTH:

Students demonstrate the trait of **responsibility** by taking ownership of their lives and acknowledging their power to choose what they think (including their attitudes and mindsets), say and do, and their accountability for the consequences of their choices.

**6th: Jason Falgout and Kalyssa Uzzle**

**7th: Alex Rudy and Samyah Cole**

**8th: Bryson Hartman and Izabella Baker**



## HIGHLIGHT OF THE MONTH

### FEBRUARY IS INTERNATIONAL BOOST SELF-ESTEEM MONTH!

Self-esteem is crucial to children's academic achievements, participation, engagement in activities, social relationships, and, ultimately, their sense of well-being.

### WAYS TO HELP YOUR CHILD BOOST THEIR SELF-ESTEEM:

**Encourage a growth mindset**



**Teach positive self-talk**



**Celebrate diversity & uniqueness**



**Give specific positive feedback**

"I like how you shared the new toy with your brother"



**Teach and discuss resilience**



**Remind them of their strengths**



**Encourage your child to find their passions**



**Encourage independence and risk taking**

## RESOURCES

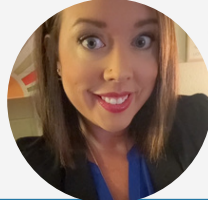
### TIPS FOR PARENTS/GUARDIANS: CELEBRATE BLACK HISTORY MONTH

- Black History Month Program: February 19th at 1:00 PM. All are invited.
- In Social Studies students are completing projects on important figures to be showcased during the program.



### SCHOOL COUNSELOR

Chelsea Wilson, MA Ed.



[chelsea.wilson@fulton.kyschools.us](mailto:chelsea.wilson@fulton.kyschools.us)

[Fulton.kyschools.us](http://Fulton.kyschools.us)

Schedule: M-F 7:30-3:30

(270) 236-3923 EXT 4151

# STUDENTS OF THE MONTH

February 2025

## 8th Grade



Bryson Hartman  
and  
Izabella Baker

## 7th Grade



Alex Rudy  
and  
Samyah Cole

## 6th Grade



Jason Falgout  
and  
Kalyssa Uzzle

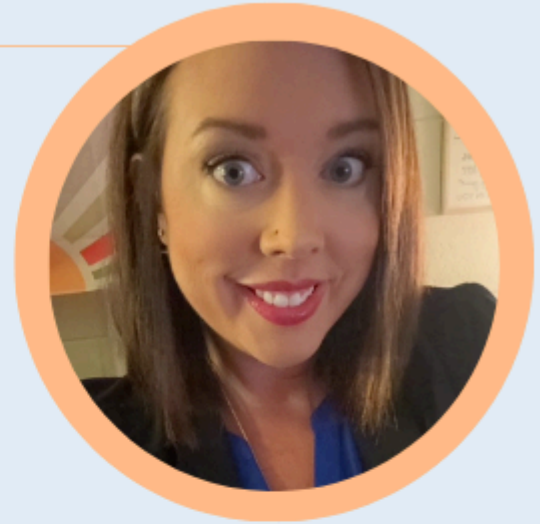


# School Counselor Week

FEBURARY 3-7

## MEET THE SCHOOL COUNSELOR

*Hello! My name is Chelsea Wilson and I am the school counselor at Fulton County Middle School! I have a Master's Degree in School Counseling and Rank I from Cambellsville University. I am currently working on my Ed. Specialist degree in School Psychology at Murray State. I live in Fulton County with my husband, Nathan, and our two daughters, Emma and Anna.*



*I have been the middle school counselor at Fulton County for 4 years and am very thankful for the opportunity to serve the community. I love my job because it allows me to make a meaningful impact on student's lives every day. My goal is to provide students with a safe space to feel heard, valued, and supported. I find pride in getting to watch students grow, overcome obstacles, and achieve their goals.*

## SERVICES OFFERED BY SCHOOL COUNSELOR:

- Social-emotional classroom lessons provided to ALL students
- Short-term small group & individual counseling for A FEW students
- Crisis counseling
- Peer mediation using restorative practices
- Parent consultation
- Community referrals for families
- School-wide activities that promote a positive school culture

## CONTACT INFO:



[Chelsea.wilson@fulton.kyschools.us](mailto:Chelsea.wilson@fulton.kyschools.us)



Schedule: M-F, 7:30-3:30



(270) 236-2155 EXT:4151

## COUNSELOR ACTIVITIES

List of school counselor programs that are offered to all students this year:

- SEL curriculum- Mind Up, Too Good, and TASSEL (Career Exploration)
- Small Groups- Topics include anger, emotion regulation, grief & loss, self-esteem, academic success, and peer relations
- Individual Sessions
- Character Education



*FEBRUARY 19 2025*

**BLACK**

**HISTORY**

*month*

**PROGRAM**

**1:00 PM**

**FCHS GYM**

In Social Studies, all FCMS students are completing projects on important figures to be showcased during the program. Families and community members are invited to attend.

