

NORTHSHORE MIDDLE SCHOOL COUNSELING TEAM

Students with last names:

A-G

Kristie Olsen



H-O

Kendra Lowe



P-Z

Chase Stevens



How do Middle School Counselors Support Students?

1 | Academic/Career

Connect with teachers and support academic challenges

Tutoring connections

Start exploring Careers and high school planning

2 | Social

Support friend issues

Connect with school activities

Partner to resolve conflicts

3 | Emotional

Assist with teacher communication

Processing support with mental and emotional well being

Partner with students to support friends in need

How to Get Counseling Time?



- Email us at our district email address
- Send us Schoology messages
- Complete a Counseling Request Form - located outside each counselor's office
- Ask a teacher
- Call our office phone lines
 - Counselors are often busy in classrooms or with students and may not be available to answer. Always leave a voicemail
- We cover this with 6th grade students within the first month of school.



Northshore Middle School Counseling Request

Student Name: _____ Date: _____ Grade: 6 7 8

Counselor: Ms. Olsen (A-G) Mrs. Lowe (H-O) Mr. Stevens (P-Z)

Preferred period or time: _____

Reason for request: (circle one)

- Schedule Question
- Personal/Family Problem
- Grading/Classroom Issue
- Other _____
- Bullying/Harassment
- Information (college, high school, etc.)
- CRISIS (safety concern - danger to self or others)

Comments: _____

Bell Schedules

(M/TU/TH/F) Block Day with Advisory				
Advisory	8:00 AM	-	8:25 AM	25
Period 1/4	8:30 AM	-	10:10 AM	100
Titan Time	10:10 AM	-	10:30 AM	20
First Lunch				
Period 2/5	10:35 AM	-	10:45 AM	10
Lunch	10:47 AM	-	11:17 AM	30
Period 2/5	11:20 AM	-	12:50 PM	90
Second Lunch				
Period 2/5	10:35 AM	-	11:35 AM	60
Lunch	11:37 AM	-	12:07 PM	30
Period 2/5	12:10 PM	-	12:50 PM	40
Third Lunch				
Period 2/5	10:35 AM	-	12:15 PM	100
Lunch	12:20 PM	-	12:50 PM	30
Period 3/6	12:55 PM	-	2:35 PM	100

Early Release Wed Per 1-6 No Advisory				
Period 1	8:00 AM	-	8:45 AM	45
Period 2	8:50 AM	-	9:30 AM	40
Period 3	9:35 AM	-	10:15 AM	40
Period 4	10:20 AM	-	11:00 AM	40
First Lunch				
Lunch	11:05 AM	-	11:35 AM	30
Period 5	11:40 AM	-	12:20 PM	40
Second Lunch				
Period 5	11:05 AM	-	11:45 AM	40
Lunch	11:50 AM	-	12:20 PM	30
Period 6	12:25 PM	-	1:05 PM	40



Block Scheduling

Monday/Tuesday/Thursday/Friday

- Allows for more time with students
- More in-depth lessons/labs, practice, and support
- Breaks are embedded into class structures
- Fewer transitions to manage for students - less stressful

Advisory - 30 minutes

Period 1 / 4 - 100 minutes

Titan Time - 15 minutes

Lunch - 30 minutes

Period 2 / 5 - 100 minutes

Period 3 / 6 - 100 minutes

Wednesdays - 6 Period Day - Early Release

Period 1

Period 2

Period 3

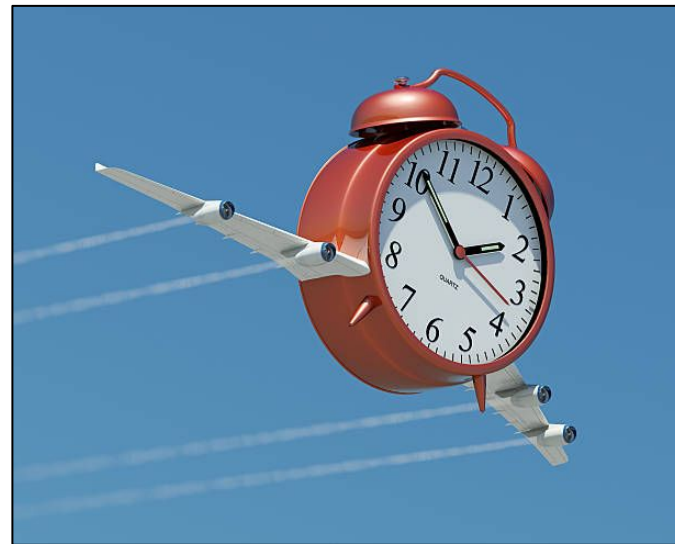
Period 4

--Lunch--

Period 5

Period 6

40 minute classes!



Lunch at NMS



We have 3 Lunches at NMS

30 Minute Lunch

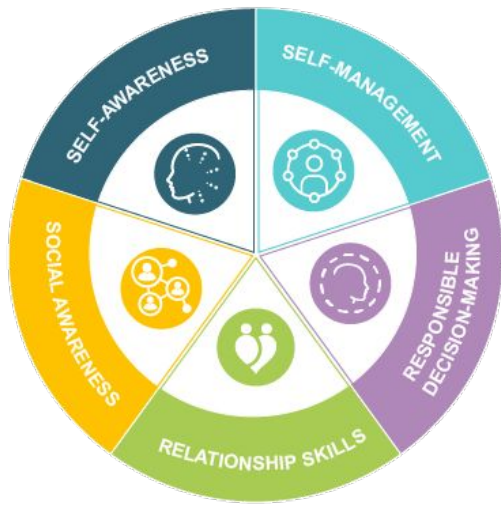
15 minutes = sit & eat

15 minute = choice time

Activities choice time: Field Games, Library
& Socialize in the Courtyard/Cafeteria

Lunch menu can be found online at the
district webpage

**Great opportunity for parents to
volunteer and connect with school!**



ADVISORY

The purpose of Advisory is to promote the personal, social, and academic development of our students.

Benefits of Advisory

- Increase sense of belonging - Every student known by an adult advocate and a connections among peer
- Ensures that all students feel seen, valued and included
- Grows self-confidence and engagement
- Social Emotional Learning (SEL) Foundation
- Improves academic performance - embedded academic coaching and support

Titan Time

Movement & Nutrition Break

After 1st block Mon/Tues/Thurs/Fri

Open Areas:

Library, Gym, Field, Courtyard, Cafeteria, Academic Help, Quiet Room, & Coding Room





NMS Watch D.O.G.S.!



What are Watch DOGS?

- Family members of NMS students who are volunteering to help in the classroom!

How are Watch DOGS incorporated at NMS?

- Before school/Lunches/Titan Time
- Classroom Supports
- All day or half days

WANTED:

- Watch DOG volunteers!
- TOP DOGS to help coordinate and collaborate

3 Lunches

1st Lunch - 10:52 AM

After Titan Time

2nd Lunch - 11:37 AM

2nd Block/Lunch/2nd Block

3rd Lunch - 12:20 PM

After 2nd Block



ParentVue/StudentVue

- You and your student will each have a password
- Allows you to check student's progress in each class
 - When in doubt, message your student's teacher
- Grades are not updated in real time on this platform
- Good idea to sit alongside your student and check grades on a weekly basis.

You can get your ParentVue login info from
Mrs. Mullinnix, Registrar, in **August**.

NMS ParentVue Link



Parent Schoology Account

- Your student's classwork will be accessible on our learning platform - Schoology
- As a parent, you can create a Schoology account and receive notifications of live grades, upcoming assignments/assessments, missing work, and class announcements.
- Tech Help - NSD Website
nsd.org/resources/online-tools/lms
- Schoology is the platform that is updated most frequently for grades/missing work.



Parent Schoology Account

- Turning notifications on will let you receive updates like:

5/09/25 - 5/16/25		
		
		
Course Summary	Grade (Current Grading Period)	Attendance
PRE-ALGEBRA 1: (S2) Peck, K PRE-ALGEBRA 1(4) S2 (2024-25) (27 Jan - 27 Jun)	91.51%	-
IA 4.9 pg. 148 # 1-7 odd, 11-17 odd, 19	10/10	
Week 25 Pass 2 i-Ready Lessons	10/10	
CHALL ANCIENT/MEDIEVAL WORLD HISTORY 6: (S2) Rausch, K CHALL ANCIENT/MEDIEVAL WORLD HISTORY 6(2) S2 (2024-25) (27 Jan - 27 Jun)	-	-
ADVISORY 6-8: (S2) McLarin, S ADVISORY 6-8(0) S2 (2024-25) (27 Jan - 27 Jun)	-	-
CHALL INTEGRATED SCIENCE 6: (S2) Nolen, S CHALL INTEGRATED SCIENCE 6(6)	-	-

Friday, May 16, 2025

Assignment.[IA Block 4 Review](#) 11:59 pm

PRE-ALGEBRA 1 : (S2) Peck, K PRE-ALGEBRA 1(4)

Tuesday, May 20, 2025

Event.[LAB- closed toed shoes required](#)

CHALL INTEGRATED SCIENCE 6 : (S2) Nolen, S CHALL INTEGRATED SCIENCE 6(6)

Assignment.[Coordinate Plane Picuter](#) 11:59 pm

PRE-ALGEBRA 1 : (S2) Peck, K PRE-ALGEBRA 1(4)

Friday, May 23, 2025

Event.[REMINDER: Unit 15 Vocabulary Quiz](#) 10:35 am

CHALL ENGLISH 6 : (S2) Hollingshead, N CHALL ENGLISH 6(5)

Thursday, May 29, 2025

Assignment.[Leading a Small Group Discussion](#) 11:59 pm

LEADERSHIP : (Q4) Ena, E LEADERSHIP(1)

Monday, June 2, 2025

Assignment.[Community Serve Project-2 hrs](#) 11:59 pm

LEADERSHIP : (Q4) Ena, E LEADERSHIP(1)

Attendance

Phone Line Absence Reporting:

24 hour automated line 425-408-6710

Online Absence Reporting:

<https://northshore.nsd.org/resources/report-an-absence>

- Early Dismissal
- Late Arrival
- Absences



- ★ One of the most important things your child can do to reach the goal of success is also one of the most basic: attend school **every day on time!**
 - ★ Research has shown that your child's regular attendance may be the greatest factor influencing his/her academic success.
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Don't just survive 6th Grade - THRIVE!

Resource includes information supporting: Organization, Planner, Homework Habits, Student Email, StudentVue



Support: Library

Open before school, during advisory,
Titan Time, and
during English class (with a pass).

Visit our website: go.nsd.org/nmslibrary



Follow us on Instagram: [@leadreadrepeat](https://www.instagram.com/leadreadrepeat)

- **Over 14,000 diverse books** for checkout from our library
 - **KCLS partnership**
- **Computers for research**, school projects, databases & printing
- **Digital Citizenship Lessons**

OPEN THIS SUMMER!

More Information coming soon...