

SCHOOL COUNSELORS' NEWSLETTER

RINGGOLD MIDDLE SCHOOL
SEPTEMBER–OCTOBER 2025



What we're here for:

- Here to support ALL students.
- Aim to develop student's academic achievement, career/college readiness, and social emotional well being.

How do we do that?

- **Classroom Lessons** on key topics like:
 - Self-control & emotional regulation
 - Bullying awareness & prevention
 - Growth mindset & resilience
 - Entrepreneurship & career exploration
 - Organizational & study skills
 - Transitioning to high school
- **Family & Community Connections:** Partnering with families and local organizations to support student success.
- **Individual Support:** One-on-one guidance for academic challenges, emotional well-being, and personal growth.
- **Group Counseling:** Small group sessions focused on friendship skills, coping strategies, and more.



Important dates

- **Sept. 1:** No School Labor Day
- **Sept. 8:** International Literacy Day
- **Sept 15–19:** Hello Week
- **Sept. 15:** School Pictures
- **Sept. 17:** No School for Students
- **Sept. 18:** PBIS Kickoff
- **Sept 26:** Homecoming Pep Rally
- **Oct 5:** World Teacher's Day
- **Oct 18:** Unity Day
- **Oct 23–31:** Red Ribbon Week

Contact Info

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A message for the 5th graders!

Middle School, Here We Come!

It's totally normal for our new middle schoolers to feel a mix of excitement and nerves—this is a big step! Common worries include getting lost, more homework, tougher classes, new teachers, making friends, and yes... those tricky locker combinations!

As parents, guardians, teachers, and counselors, we're here to cheer them on and support them every step of the way. Here are some quick tips to help our 5th graders thrive during this transition:

- **Get Organized** – Use a planner or app to keep track of assignments and important dates.
- **Ask for Help** – Whether it's a friend, sibling, or trusted adult, don't hesitate to reach out. **You can place a white slip in your counselor's bin in our office at any time!!**
- **Get Involved**– Try new clubs, sports, or activities to meet people and discover new interests.
- **Stay True to You** – Peer pressure is real. If something doesn't feel right, trust your instincts.
- **Set S.M.A.R.T. Goals** – Make goals that are Specific, Measurable, Achievable, Realistic, and Timely.

Middle school is a journey—and we're all in it together!



How to get involved!

- **RAM Ambassadors:** Includes all grades. You would have the opportunity to give tours, help new students find their classes, manage Step Up day, and organize the annual volleyball tournament. Contact Ms. Mooney for additional details. Applications due September 16th !
- **Yearbook Club:** Open to 8th grade students with applications opening in October. Contact Ms. Natalia for more details!
- **Student Council:** Plan/organize dances, work student store and coffee carts, help coordinate fundraisers, etc. Contact Ms. Genchur for more details!
- **Lighthouse Club:** Be a part of a student-led group focused on building a positive, inclusive school culture. Lead by example, collaborate on meaningful projects, and help make our school a place where everyone feels valued and heard. Applications available in the School Counselors office in October.

**Listen to morning announcements to hear updates
and more information!**