

# COUNSELOR CONNECTION



Pittsburg Jr. High- Krystal Kuban

October 2025

## A NOTE FROM THE COUNSELOR

During the month of October there are bullying prevention and substance abuse prevention are both a focus nationally. Please be sure to highlight respect towards others and healthy coping skills at home.

### MONTHLY CHARACTER TRAIT

**October** - Responsibility  
**November** - Gratitude

### PARENT CORNER

I will say it again, parenting is one of the hardest jobs out there, and I know we are all constantly second guessing how we are doing. Being a present parent, is far more important than being a perfect parent (I don't know any!). Here are a couple of podcasts I wanted to share with you as a resource to learn about substance abuse and how to help our kids.

[How Iceland Got Teens to Say No](#)

[Awkward Conversations](#) - Jodie Sweetin

\*\* 5 season

### CLASSROOM LESSONS

Coming up is Red Ribbon Week. You can preview [lessons](#) and see our [spirit days!](#)

During social studies, our students learned about college, career, and military readiness!

During your child's reading class, I taught a lesson on healthy minds and body that you can see [here](#).

### PITTSBURG JR. HIGH PROGRAM

[Brochure](#)



### SCHOOL HOUR CONTACT INFO

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