

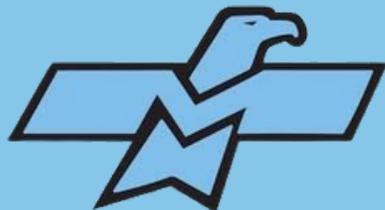
School Counseling Newsletter

October 2025



INSIDE, WE ALSO TALK ABOUT:

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Dear Students and Families,

It was great to meet so many of you at our Back to School Night on September 18th. It was a night full of excitement and positive energy. We hope that you learned much about your child's classes and the strong sense of community at Ramapo Ridge Middle School.

With school and activities in full swing, we wanted to send some information from our School Counseling Office so that we can work together to support you and your child throughout the year.

Please read the important information inside about our School Counselors, upcoming student meetings, and an important parent presentation on **Monday October 6th** at 6pm with renowned speaker Tim Shoemaker that we hope you can attend.

If you have any questions, please don't hesitate to reach out.

Jim O'Hara, Director of School Counseling K-12

Meet Your School Counselors

*All students are assigned a
School Counselor for their
grade level. Their counselor
will follow them through
each year of middle school.*

*See our website for
contact info.*



Ms. Courtney Deloughery
Grade 6



Ms. Cassidy Sarka
Grade 7



Ms. Marykate Coakley
Grade 8

Student Support

During the months of October and November, the School Counselors will be meeting with all students in grades 6, 7, and 8 for Check In Meetings. These meetings will be short and structured, but will allow us to provide proactive support to students as they transition to the new school year.

We hope this will create stronger connections with students and a more responsive school environment.



Making Connections



Below are some sample questions that we will discuss with students. These may vary depending upon grade level. Feel free to discuss these with your child either before or after their meeting.

We hope that these questions will help us learn more about your child but also help your children gain a better sense of who they are.

- Tell me about your family?
- Who do you like to spend time with?
- Do you have any hobbies?
- Do you participate in any clubs or sports?
- Favorite subject in school?
- What is one goal that you have for this year?
- What do you want to be when your grow up?

Inspiring Happy, Healthy, & Drug-Free Kids

With nationally recognized expert, **Timothy Shoemaker**

A Must-See Seminar for Parents of Students in Grades 6-12

Join the Mahwah Municipal Alliance and the Mahwah Parent Academy for a powerful and eye-opening program on helping your children live a healthy drug-free life. We will feature renowned speaker Timothy Shoemaker whose high energy approach to address complicated topics has been hailed by parents and educators alike. This parent program is offered as a follow up to the program on vaping that Tim will be presenting to all Ramapo Ridge and Mahwah High School students earlier in the day.

THIS EVENT IS SPONSORED BY



**INVITATION TO:
PARENTS OF
STUDENTS
GRADES 6-12**

**DATE:
MONDAY, 10/6/25**

**TIME:
6PM-7PM WITH Q&A**

**LOCATION:
MAHWAH HIGH
SCHOOL AUDITORIUM**

**REGISTRATION:
FREE, BUT REQUIRED**

Scan me to register!



**To learn more &
Register, go to: mahwahalliance.org/happy25**