VOL III

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Pin Oak Middle School

COUNSELING Newsletter

December: Citizenship

In today's connected world, our students have the power to make a positive impact—not just in our school, but across the globe. Being a global citizen means showing respect for different cultures, speaking up for fairness, and making choices that help our community and our planet. Every day, our students practice empathy, learn to listen to others, and discover how their actions can create real change. By working together, staying curious, and treating everyone with kindness, our students are building the skills they need to thrive in a diverse, global society. Let's continue encouraging them to lead with heart and responsibility.

Pin Oak MS is a CREST Award Winner!

We are proud to announce that POMS's counseling program has received the Counselors Reinforcing Excellence for Students in Texas (CREST) Award for the 2024-25 school year. Thank you POMS community for supporting our students not only academically, but as a whole.

Student Counseling Referrals

SAF

Student Assistant Form (SAF)
Scan or Go To
www.tinyurl.com/PinOakCounselor

Attendance & Motivation

As the semester winds down, students may feel tired or unmotivated, but consistent attendance remains essential. Strong attendance builds academic success, social confidence, and healthy habits. Families can help by creating predictable morning routines, preparing backpacks and clothing the night before, and offering positive encouragement. Celebrate small wins—like being on time all week—to keep students motivated. Finishing the semester strong helps students start the new year with confidence and momentum.

Ways for Middle School Students to Stay Motivated

1. Set Small, Achievable Goals
Students stay motivated when they can see progress. Encourage them to set weekly goals like "complete all homework on time" or "study 15 minutes a day."

2. Break Big Tasks Into Smaller Steps
Large assignments feel less overwhelming when broken into bite-sized pieces. Finishing each step builds momentum.

3. Celebrate Little Wins
Completing a tough assignment, raising a grade, or staying organized deserves acknowledgment. Small celebrations boost confidence.

4. Keep a Structured Routine
Predictable schedules—sleep, homework, chores, downtime—help students manage time and energy more easily.

5. Create a Positive Study Space
A clean, organized, distraction-free area helps students focus and feel in control.

6. Use Timers or Short Work Blocks
Techniques like the "10-minute rule" or "Pomodoro sessions" keep students from feeling overwhelmed and help them stay on task.

7. Stay Connected With Friends and Adults
Supportive relationships motivate students to keep trying. Encouragement from teachers, family, and peers makes a big difference.

8. Try New Activities or Clubs
Joining clubs or sports keeps students engaged, helps them discover passions, and boosts morale.

9. Practice Self-Care
Sleep, healthy eating, hydration, and movement all improve focus and motivation.

10. Reflect on Progress
Have students write down one thing they're proud of each week. Reflection helps them see how far they've come.

Upcoming Events

- Dec. 3: Art/Stage Band Winter Showcase
- Dec. 5, 12, 19: Ugly Sweater Friday
- Dec. 8: Theater Interm. Fall Show
- Dec. 9 & 10: Dance Showcase
- Dec. 16: Social Studies DSA S1
- Dec. 16: Band Winter Concert
- Dec. 17: Orchestra Winter Concert
- Dec. 19: Winter Choir & Guitar Concert
- Dec. 19: C3 Ends
- Dec. 22 - Jan. 3: Winter Break

Digital Safety

Winter break gives middle schoolers extra free time and usually extra screen time too. With school paused and routines more relaxed, students may spend long hours on games, social media or messaging apps. This increases the chance of cyberbullying, unsafe content and online scams, especially when parents are busy with work or holiday responsibilities. Since supervision often decreases during this season, it helps to plan activities or outings that reduce nonstop screen use. Focusing on digital safety keeps students protected, encourages healthy online habits and prevents issues from following them into the new semester. It also ensures they enjoy a safe and happy holiday both online and offline.

Contact the Counselor

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