

# FOREST GLEN

3rd Quarter-Jan 2026

# STUDENT SERVICES NEWSLETTER

## Gearing Up for a Great Year, Together!

### School Social Worker



**Dr. Creary**

As we head into 2026, this is a good time to think about small changes you want to make and the kind of support you need to get there. Coral Springs has great community resources like youth programs, recreation activities, volunteering, and counseling supports that can help you stay active, connected, and supported. Here is the link: [Parks & Rec Link](#)

Those resources matter, but so do the people right here at school. If you're feeling stressed, stuck, overwhelmed, or just need to talk something through, you can always come to me (room 717). My job is to help you problem-solve, cope, and figure out next steps without judgment. You don't need to be in crisis to check in. Sometimes talking early makes things easier later. This year, focus on progress, not perfection, and remember that support is always available.

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### Student Support Instructional Specialist



**Ms. Exterkamp**



Happy New Year! As we head into 2026 and begin the 3<sup>rd</sup> quarter of the 2025-26 school year, we naturally reflect on the past and consider how we can improve ourselves moving forward.

Though many people focus on New Year's Resolutions, remember that you can set new goals for self-improvement any time you want. Each day is a new day, each hour is a new hour. Other tips for self-improvement in the new year:

- Pick a goal that motivates you
- Break down big goals into smaller, more manageable goals
- Focus on your progress, not perfection, and stay positive
- Try not to compare yourself to others. Success is being better than you were yesterday
- Lean on others for support and motivation
- Know when to ask for help

Check out the Broward Schools Mental Health Department website (<https://www.browardschools.com/mentalhealthservices>) for more mental health tools and resources to ensure that you remain happy, healthy, and successful in 2026!

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### 6th Grade School Counselor - Mr. Auger



Welcome to Quarter 3!

We are excited to begin our third quarter! This quarter is an important time for growth, responsibility, and preparing for end-of-year goals. Students are doing a great job settling back into routines and continuing to build strong learning habits.

As we move into the heart of the school year, our students continue to show growth, resilience, and curiosity. Third quarter is a time when learning deepens, routines strengthen, and students begin preparing for the final stretch of the year. Thank you to our families for your continued support at home and in our school community. We are proud of our students for their hard work and positive attitudes. Keep up the great effort—success comes from trying your best every day!

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### 7th Grade School Counselor- Ms. Durden



Happy New Year and Happy Third Quarter! I want to encourage you all to use your resources and support available to you. Let's utilize this fresh start to have a successful second half of the year because a new year offers us the opportunity to reset or refocus our intentions to make the changes and adjustments accordingly. Resources and support look different for everyone, so whether you need a safe space to talk through a conflict, learning how to implement healthy coping skills, or get help with getting your coursework organized. Come and see me in 917! The counseling department and support staff are resources that can be used when you need help, assistance, and support for anything academically, socially, or mentally.

If you need tutoring, Broward County Library offers free, live online tutoring for all ages K-12 through the BrainFuse "HelpNow" service available daily from 11 AM-11:55 PM for core subjects, writing help, language learning, and test prep. All you need is your Broward library card to log in and access it. Click here for access: <https://libezproxy.broward.org/login?url=https://landing.brainfuse.com/?u=main.browardlibrary.fl.brainfuse.com>

Here are some helpful tips to start the quarter:  
-Regularly review grades and incomplete work that can be turned in.  
-Lean on your support system or talk to a trusted adult when needed, and don't be afraid to ask for help.  
-Meet with your counselor if you have failed any core classes in Q1 or Q2 to complete the assigned course recovery work.  
-Review services offered by the counseling department, such as group counseling services. We have a study skills and building self-esteem group, as well as a handling stress and anxiety group that runs during all lunches.

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### 8th Grade School Counselor/Director- Ms. Brandon



Happy New Year!

As we move into the third quarter, this is an important time for 8th grade students to stay focused, build strong habits, and prepare for the transition to high school. Finishing the year strong now will make next year much smoother. Consistent effort makes a big difference. Students are encouraged to:

#### Staying on Top of Schoolwork

- Check grades and assignments regularly
- Use planners or digital tools to track due dates
- Complete work on time and ask for help early
- Create a simple routine for homework and studying

#### Advocating for Yourself

Learning to speak up is a key life skill—especially as students move toward high school. Self-advocacy looks like:

- Asking teachers questions when something isn't understood
- Requesting extra help or clarification when needed
- Communicating respectfully about concerns
- Visiting the school counselor for academic or personal support

You don't have to do everything alone. Teachers, counselors, and staff are here to support you. Use the resources around you, stay organized, and keep pushing forward—you're almost there!

If you need support or have questions, please don't hesitate to reach out.

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### JOIN A GROUP COUNSELING SESSION

**Topic- Study Skills & Building Self-Esteem** • **Topic- Handling Stress & Anxiety**

**When:** Tuesday's during all 3 lunches • **When:** Wednesday's during all 3 lunches

**Where:** Room 719 with Ms. Exterkamp • **Where:** Room 716 with Dr. Creary

To participate a signed permission form is required. Please see any of the counselors.



**WHATEVER TIME:** Day, Night, Weekends, Holidays.

**WHATEVER THE REASON:**

Mental health distress. Substance use crisis. Thoughts of suicide. The 988 Suicide & Crisis Lifeline is here for you.

Text 988 | Call 988 | Chat 988lifeline.org

