

August 2026

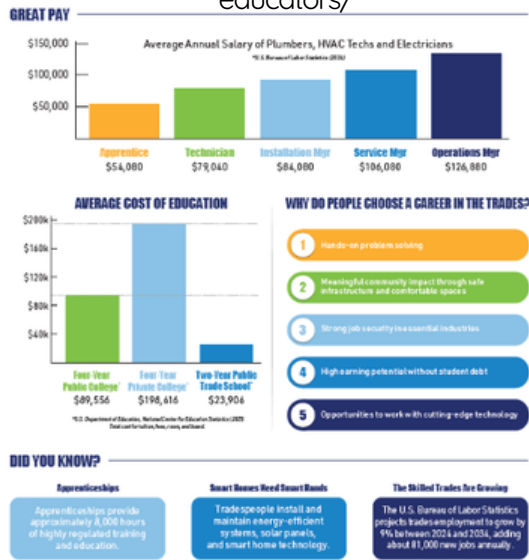
Counseling Monthly Newsletter



College & Career Focus

WHY CONSIDER A CAREER IN THE TRADES?

<https://explorethetrades.org/parents-and-educators/>



VVMS School Counselor Mission Statement:

School Counseling at VVMS empowers every student and collaborates with families and staff to help students thrive academically, emotionally, and socially by nurturing the development of agency to prepare students for a meaningful high school and college/career experience.

SEL Corner

This month, we focus on getting to know our students and letting them know how to access help with academics, friendships, and getting ready for future success.



Contra Costa County Library - Free Homework Help!

Did you know... live real-time homework tutors are available 24 hours a day, 7 days a week through the County Library. Tutoring is available in English and Spanish. Students can get help with subjects such as math, science, social studies, & standardized test prep. Sign in using your library card, it's that easy!

Go to this link to sign in, <https://ccclib.org/teen-subject/homework-help/>

Meet the Counselor

Dr. Ashley
BontonA@mdusd.org
7th Grade L-M
8th Grade



Meet the Counselor

Dr. Colón
ColonL@mdusd.org
7th Grade A-K
6th Grade

