AUG 2026

Pin Oak Middle School
COUNSELING NEWSLETTER

AUGUST: BACK TO SCHOOL



Welcome back, Chargers! We are so excited to see our halls bustling with the students' eager faces! You may experience a lot of changes this year, especially families of incoming sixth graders, but we are here to support you. This monthly newsletter will include a multitude of resources and tips to help your student get through the school year.

Counseling support for our students includes academic and mental health resources, guides on how to support your student at home, what to expect at Pin Oak Middle School and the community, and other helpful pieces of information. As an advocate for your student, we believe a strong foundation in social-emotional health will help them persevere this year.



COUNSELOR
Ms. Lebiga

ABOUT THE COUNSELOR

Years of Experience: 6
Years in Education: 13

Email:
Alynn.Lebiga@houstonisd.org

Click for Counseling App
Click for Counseling Support

MONTHLY THEME: COURAGE

When we think of courage, we often imagine heroic acts, but for children, courage is usually much quieter. It can look like asking for help, taking accountability or being the bigger person in a conflict. Sometimes, the bravest thing a child can do is simply show up and keep trying after a setback.

Parents can help nurture courage by celebrating effort instead of perfection and reminding children that feeling nervous doesn't mean they aren't brave. Listening without judgment and praising honesty helps children build the confidence to face life's ups and downs with resilience.



COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, 'I WILL TRY AGAIN TOMORROW.'

Mary Anne Radmacher

DON'T MISS THIS!

6TH GRADE CHARGER CAMP
August 6, 2026

1ST DAY OF SCHOOL
August 10, 2026

LABOR DAY NO SCHOOL
Septmber 7, 2026

RESOURCE: HAZEL HEALTH

Virtual Medical & Mental Health Services

Houston ISD has partnered with Hazel Health to provide free virtual physical and mental health services for all HISD students.

Through Hazel Health, students can connect with licensed medical providers and therapists from school or home at no cost to families. Services include scheduled mental health counseling appointments and on-demand virtual medical care, making it easier for students to receive the support they need to stay healthy, engaged, and ready to learn.

Go to https://getstarted.hazel.co/district/houstonisd for more information.

CHALLENGE OF THE MONTH

CHOOSE ONE ACT OF COURAGE TO COMPLETE EACH WEEK THIS MONTH:

- Include someone who seems left out.
- Speak up if someone is being treated unfairly.
- Sit with someone new at lunch.
- Ask a question in class.
- Share an idea during group work.
- Participate even if you're nervous.



FOOD FOR THOUGHT

"Education is the most powerful weapon which you can use to change the world." – Nelson Mandela

"The beautiful thing about learning is that no one can take it away from you." – B.B. King

"Be curious, not cool." – Ken Burns

HOT TAKE: ARE SQUISHIES REALLY HELPFUL?

There is a plethora of fidget toys out in the market that are meant to help students focus - but is this really the case?

Last school year, NeeDohs were the hot product, but did they really benefit students or did they cause distractions to the learning environment?

Although squishies and other fidget tools are great ways for students to cope independently, they may peak interest in other students and may even cause messes if not used appropriately. Click HERE for insight on how the NeeDoh is impacting other classrooms.



CLICK THE IMAGE TO THE LEFT TO PREVIEW OUR STUDENTS' HOT TAKE ON THEIR FAVE NEEDOH

COUNSELING REFERRALS

STUDENT ASSISTANCE FORM (SAF)

To best support your student's counseling needs, fill out the form at www.tinyurl.com/PinOakCounselor or scan the QR code above.