



PJHW COUNSELORS

BACK TO SCHOOL EDITION

www.pearlandisd.com/west

Welcome Back, Wildcatters

We hope that everyone had a fun and relaxing summer!

We are so excited to have our returning and new students back to PJHW to begin a great school year together. This year, PISD reminds us that **Every Piece Matters**, and here at West, we're **Building a Brighter Future**. Every student, relationship, act of kindness and efforts is an important piece of the bigger picture. As your counselors, we are here to support our students through the ups and downs of junior high, celebrate successes, and help students recognize their strengths and potential. Together, we can make a difference, one piece at a time, as we build a brighter future for every Wildcatter!



We are looking forward to a full year of learning, growth, friendships, and new opportunities. Let's make it a great one, Wildcatters.

Counseling Staff 2026-2027

Student Support Counselor:

Dr. Dawn Coryat-Hon

coryathond@pearlandisd.org

8th Grade Counselor:

Mrs. Keri Grayson

graysonk@pearlandisd.org

7th Grade Counselor:

Mrs. Jamie Holbert

holbertj@pearlandisd.org

Counselor Clerk:

Ms. Dani Schulz

schulzd@pearlandisd.org

Registrar:

Mrs. Norma Ruiz

ruizn@pearlandisd.org

Phone Number: 281-412-1222

Suggested School Supplies



SchoolSuppliesWest_English.pdf

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School Hours and Calendar

Junior High Schools

8:35 a.m. - 3:55 p.m.

8:35 a.m. - 1:45 p.m. (*Early Release*)



2026-27_District_Calendar_EN (1).pdf

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2026-27_District_Calendar_ES (1).pdf

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PISD Dress Code



Student_Dress_Code.pdf

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Wildcatter Day Parent Presentation 2026

In case you missed Mascot Day, please review the presentation below.



Wildcatter Day 2025

Wildcatter Day 2025

Check out this Presentation designed by stephanielopez2021.

[canva.link](#)

PJHW Prevention Lesson 2026-2027 Opt Out

Throughout the 2026–2027 school year, PJHW students will participate in state-required prevention lessons addressing **Fentanyl & Substance Abuse Prevention, Suicide Prevention, Digital Safety/David's Law, and Bullying Prevention.**

Parents/guardians may choose to opt their student out of one or more of these presentations. **If you would like your student to participate in all prevention lessons, no action is required.**

If you would like to opt your student out of one or more presentations, please complete the **PJHW Prevention Lesson Opt-Out Form**: [PJHW Prevention Lesson Opt-OUT Form 2026-27 – Fill out form](#)

Specific presentation dates and additional information will be shared with families throughout the school year.

PJHW Mandatory Drill Day Information

Safety Drill Days

Our campus will be conducting a series of preplanned safety drills to help students and staff practice our emergency procedures and ensure everyone knows what to do in different situations.

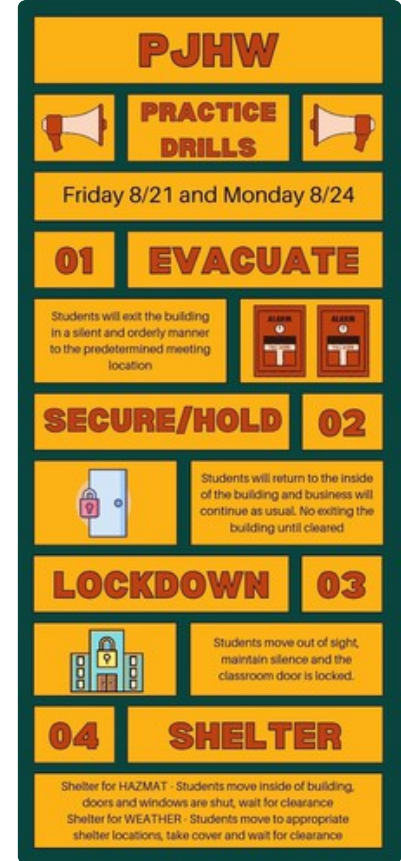
Throughout the scheduled days, we will practice:

🔥 Fire Drill

- 🔒 Lockdown Drill
- 🚪 Hold Drill
- 🔒 Secure Drill
- 🌪️ Extreme Weather Drill

Parents, please know that these are scheduled drills and not actual emergencies. Our goal is to make sure our students and staff are prepared, confident, and familiar with the procedures that help keep our campus safe.

Thank you for your support as we continue to make safety a priority at West! ❤️❤️



Upcoming Dates

August 2026

- August 11:** School Board Meeting
- August 19:** First Day of School
- August 21:** Drill Day at PJHW
- August 24:** Drill Day at PJHW
- August 31:** Meet Your Teacher Night 6:30 p.m. - 8:00 p.m.

September 2026

- September 7:** Labor Day (No School)
- September 11:** Fall Picture Day
- September 21:** Staff in-service (No school for students)
- September 23:** Coffee with the Counselors 9:00 a.m. via TEAMS more information to come

October 2026

- October 9:** Student/Teacher Holiday
- October 12:** Staff in-service (No school for students)
- October 20:** Fall picture retakes
- October 19 - 23:** Character Counts Week
- October 21:** Unity Day
- October 22:** Coffee with the Counselors 9:00 a.m. via TEAMS more information to come
- October 26 - 30:** Red Ribbon Week



PJHW Marquee Moments

Are you looking for a fun and exciting way to celebrate your Wildcatter? Surprise your child with a special electronic announcement on our Pearland Junior High West marquee!

Just complete the request form below (please print clearly), return it to the front office with payment and we will handle the rest.

Cost: \$10 - you may pay with exact change or a check made out to Pearland Junior High West.

Obviously, birthday shout-outs are fun, but we would also like to highlight our Wildcatters' personal accomplishments, too. This could be a martial arts belt promotion, Cub Scout or Girl Scout honor, sports accomplishment, etc. All messages must be approved by Administration prior to posting on the marquee and will be limited to 12-15 words for readability.

Announcements will run on marquee for 1 week and are due by the end of every Wednesday.

(Example: If your child had a personal accomplishment on Saturday, December 2nd, your form and payment would need to be turned in by Wednesday, December 6th.)

The funds go to the general PJHW Campus fund to assist with teacher/student/class needs. For questions or additional information, please call us at 281-412-1222. See the attachment below to order your Marquee Moment.



PISD - SWAP Shop

Swap Shop

The Pearland Council of PTAs' Swap Shop is a clothing closet open to all Pearland ISD students.

Where is the Swap Shop?

7343 Bailey Rd

Pearland, TX 77584

Ways to Shop

1. **Swap:** Bring gently-used, dress code-approved clothing in exchange for clothing available in the shop.
2. **Voucher:** One counselor-issued voucher may be used for each student. The voucher provides 20 clothing items from the Swap Shop for each student. Students will also receive 5 pairs of socks, 5 underwear, and 1 pair of shoes.

If you have questions, contact Stephanie Griffith, Swap Shop Chair, at swapshop@pisdpta.org.

2026-27 Swap Shop Schedule

- **Saturday, August 8** (10 a.m. - 12 p.m.)
- **Saturday, September 5** (10 a.m. - 12 p.m.)
- **Wednesday, September 16** (6 - 8 p.m.)
- **Saturday, October 3** (10 a.m. - 12 p.m.)
- **Wednesday, October 14** (6 - 8 p.m.)
- **Saturday, November 7** (10 a.m. - 12 p.m.)
- **Wednesday, November 18** (6 - 8 p.m.)
- **Saturday, December 5** (10 a.m. - 12 p.m.)
- **Wednesday, December 16** (6 - 8 p.m.)
- **Saturday, January 9** (10 a.m. - 12 p.m.)
- **Wednesday, January 20** (6 - 8 p.m.)
- **Saturday, February 6** (10 a.m. - 12 p.m.)
- **Wednesday, February 17** (6 - 8 p.m.)
- **Saturday, March 6** (10 a.m. - 12 p.m.)
- **Wednesday, March 17** (6 - 8 p.m.)
- **Saturday, April 3** (10 a.m. - 12 p.m.)
- **Wednesday, April 14** (6 - 8 p.m.)
- **Saturday, May 1** (10 a.m. - 12 p.m.)
- **Wednesday, May 12** (6 - 8 p.m.)

What May Be Exchanged or Donated?

Clothing to be exchanged or donated cannot have ink/marker/pencil marks, missing buttons, tears, or other flaws. In addition, all items must be washed and neatly folded with no missing buttons, tears, or any other flaws in the fabric. The shop accepts only Pearland ISD dress code-approved clothing. Donations of lunch kits, backpacks, and new or gently worn shoes are also welcome. Donations of new socks and underwear are also welcome.

What Is the Clothing Voucher?

A voucher allows families in need to get donated items without exchanging them.

For clothing vouchers, contact your school nurse or counselor. Vouchers must be signed in fresh ink. No copies are allowed.



SwapShopschedule_English.pdf

[Download](#)

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SwapShopschedule_Spanish.pdf

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6.1 MB

Skyward



Skyward Instructions - Pearland Independent School District

pearlandisd.org

Wellness Corner

Sunday Scaries

Tackling the Sunday Scaries: Helping Parents and Kids Beat the Back-to-School Blues

Ah, the Sunday Scaries—the dreaded feeling that creeps up as the weekend winds down and the reality of Monday morning sets in. If you're a parent, you know this anxiety isn't just yours; your kids might be feeling it too, especially with school in full swing.

You know the feeling: your anxiety kicks in, making your stomach do flip-flops, your hands sweat, or worse, the endless thoughts about how bad the next day will be.

What Are the Sunday Scaries?

The 'Sunday Scaries' refer to intense feelings of [anxiety](#) and dread that typically arise every Sunday. They often start in the late afternoon and last into the evening, though for some, depending on their anxiety levels, these feelings can begin as soon as they wake up.

Physical sensations can include:

- Racing heart
- Stomach upset
- Trouble sleeping
- Sweating
- Difficulty breathing
- Headache

For adults, tackling these feelings can feel overwhelming. You might even think, "Maybe I should take a day—or a week—off work just to avoid this."

Similarly, for kids, this anxiety can lead to something called school refusal, where the thought of going to school becomes so overwhelming they just can't face it. But don't worry—there are ways to tackle the Sunday Scaries together and help everyone look forward to the week ahead.

What Is School Refusal?

School refusal isn't just about not wanting to go to school. For some kids, anxiety about school becomes so intense that they refuse to go altogether. This can lead to missed days, falling behind in class, and even more anxiety. It's crucial to address these feelings early to prevent bigger issues down the road.

3 Ways to Beat the Sunday Scaries for Parents and Kids

So, how can you help both yourself and your kids calm those Sunday jitters and maybe even start looking forward to the week? Here are three simple strategies:

1. Create a Sunday Evening Routine

Wind Down Together: Establish a relaxing Sunday routine to ease into the week. Watch a family movie, play a board game, or read together. Shared time shifts the focus away from Monday's worries. If the Sunday Scaries start earlier, plan a peaceful, predictable day. Make breakfast together, go for a walk, or enjoy nature.

2. Prepare for the Week Ahead

Involve the Kids: Help reduce school anxiety by preparing for the week on Sunday evening. Organize backpacks, pick outfits, and review the schedule. Knowing what to expect eases fear, and it helps you feel more organized too! Try adding a fun touch, like sending transitional notes with them.

3. Leave Space for Feelings

Highlight the Good & Acknowledge the Scary: Spend a few minutes discussing how your kids feel about the week ahead. Talking about something they're looking forward to, like seeing friends or a favorite teacher, can help shift their mindset. Start a "What I'm Excited About" list. Also, give them room to share their fears. Sometimes, they just need to talk—without expecting a solution.

Helping You & Your Child with the Sunday Scaries

If you or your child are struggling with the Sunday Scaries, approach it with patience and understanding. Start by openly discussing what's really bothering you. Share your thoughts with a partner or friend, and encourage your child to do the same. If needed, reach out to their teacher, school counselor, or a private counselor for extra support.

Remember, the Sunday Scaries are common for both parents and kids, but they don't have to ruin your weekend. By creating calming routines, preparing for the week ahead, and allowing space for feelings, you can ease the anxiety and maybe even start looking forward to what's coming next. Here's to making Mondays a little brighter!

References

Tackling the Sunday Scaries: Helping Parents and Kids Beat the Back-to-School Blues. (n.d)
Obsidian Counseling

<https://www.obsidiancounseling.com/blog/2024/9/3/9xhrhvz0z379gnsz2m9z6as2d1qbzo>

Action for Happiness August 2026 Calendar

Altruistic August 2026

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	7 Give time to help a project or cause you care about
8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 Contact a friend to let them know you're thinking of them	13 No plans day! Be kind to yourself so you can be kind to others too	14 Take an action to be kind to nature and care for our planet
15 If someone annoys you, be kind. Imagine how they may be feeling	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity
22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well
29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today				

ACTION FOR HAPPINESS

Happier · Kinder · Together



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WEST 2026 FOOTBALL SCHEDULE.pdf

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2026-2027 Volleyball Game Schedule.pdf

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Keri Grayson

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