



SEPTEMBER NEWSLETTER



26-27 School Year

Suicide Prevention Month

SOCIAL/EMOTIONAL CHECK-IN

Middle school comes with many changes. Students may experience new friendships, academic challenges, stress, and changes in emotions.

This month, encourage your student to practice:

STOP • BREATHE • RESET

When things feel overwhelming:

1. 🖐️ Stop and pause.
2. 🌬️ Breathe slowly and take a moment.
3. 🧠 Reset by thinking about what you need next.
4. 💬 Reach out to a trusted adult if you need support.

Students can always talk with their school counselor, teacher, or another trusted adult.



September is Suicide Prevention Month, a time to remind our school community that everyone deserves to feel supported, heard, and connected.

Middle school students may experience stress, loneliness, friendship challenges, academic pressure, or other difficult emotions. Sometimes, students may not know how to ask for help. A caring adult can make a difference.

Students can reach out to their school counselor, teacher, or another trusted adult when they are struggling. They do not have to handle difficult feelings alone.

💛 Remember:

Asking for help is a strength. Speaking up could save a life.
call or text 988 to reach the Suicide & Crisis Lifeline.

Resources

Our Counseling Department is here to support students and families through both everyday challenges and difficult circumstances. If your family is in need of mental health resources, support related to the recent Hawk fire, or assistance connecting with other community resources, please don't hesitate to reach out to your school counselor.

We are happy to help connect families with the appropriate support and resources.

We're here to help. 💛

[Mental Health Crisis and Emergency Resources](#)



Counselors

The Counseling Department is excited to partner with students, families, teachers, and staff to make this a successful school year.

If you need support, please reach out!

💙 Your BDB Counseling Department

Ms. Gomez - 6th grade counselor

CaGomez@WashoeSchools.net

Ms. Torcaso - 7th grade counselor

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Ms. Kihm - 8th grade counselor

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BDB Counseling