

September



Counseling Monthly Newsletter

SEL Corner

Mental wellness relies heavily on physical health, and middle school students often begin pushing back on bedtime and being organized. Here are a couple of suggestions.

1. **Sleep and Routine:** Children aged 6 to 13 need 9 to 12 hours of sleep nightly. Establish a collaborative routine where screens are turned off and kept outside the bedroom at a set time.
2. **Model Stress Management:** Show them how you handle stress. If you have a stressful day, narrate your coping mechanism aloud: "I had a really overwhelming meeting today, so I'm going to take a 10-minute walk to clear my head."

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.



Look for the
link in Parent
Square

VVMS School Counselors Present: Parents and Caregiver Guide to Teen School Life

SEPTEMBER 30, 2026
VIA GOOGLE MEETS



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