

N COUNSELING NEWSLETTER



SEPTEMBER/OCTOBER 2026 • THURSTON COUNSELING TEAM

ISSUE 01

A NOTE FROM THE TEAM

Welcome, Wave Rider families! This newsletter is a place to stay connected and informed about counseling, classroom learning, student leadership, and opportunities for families to engage with our school community. Through September and October, we are focusing on connection, student voice, and helping every student feel supported and ready to thrive this school year. **September is also Suicide Prevention and Awareness Month.** The Counseling and Mental Health Team will be delivering lessons and activities throughout the month.

PROGRAM HIGHLIGHT THIS MONTH

- The TMS Counseling Department is applying this Fall to be a **Recognized American School Counselor Association Model School (RAMP)**! This has been a two-year process of data collection and program implementation.
- As a data-driven counseling program**, last year we identified a group of students requiring support due to failing grades. We were successful in **reducing the percentage of D and F grades in this group by 32%!**

UPCOMING EVENTS & DATES

DATE	EVENT	DETAILS
September 14, 21 & September 28	Introduction to Counseling Department and Coping Strategies Lesson	During Math classes for all grade levels
September 21 thru September 24	Student Wellness Activities in Support of Suicide Awareness Month	Activities during lunches and tutorials for all students
September 24	Animal Allies Visit	Furry friends from our partner Animal Allies will be visiting at lunch in the quad
October 12, 19 & 26	Academic Success Skills for Middle School Lessons	During Social Studies classes for all grade levels
October 13 thru October 16	Mindful Moment: Introduction to Class Circles	During Science classes for all grade levels



WHAT'S HAPPENING IN THE CLASSROOM

- Intro to the counseling team, healthy coping, and suicide awareness classroom lessons** will encourage students to identify trusted adults in their lives and reflect on and practice healthy coping strategies.
- Mindful Moments:** Monthly 20-minute classroom community circles focus on helping students understand how circles build a welcoming classroom community through listening and connecting on important social-emotional learning topics.
- Academic Success Skills classroom lessons** will be tailored to support common themes and needs among each grade level.

WAVE RIDER MIC'D UP

What does having a student wellspace, like The Cove, mean to you as you have started middle school?

"I love visiting The Cove at break and lunch when I am stressed or happy and just want to calm down. I know I can come here for support and fun things to do. The Cove helps me belong."
-Grace Ahumada-Bartholomew (6th)



BEYOND THE BELL

- Families are encouraged to continue these conversations at home** by talking with their children about healthy coping strategies, identifying trusted adults they can turn to, and discussing the strategies that help them manage stress and challenging emotions.
- The Counseling and Mental Health Team** anchors the *Mindful Moments* throughout the year in the **Collaborative for Academic, Social, and Emotional Learning (CASEL 5)** core competencies: Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making, and Relationship Skills. To learn more about the CASEL 5, visit their website, <https://casel.org/what-is-sel/>.

THE COVE

- Our school social worker, Mrs. Craik, has recruited 13 students** for this year's Cove Crew through informational Tutorials! Our wellspace ambassadors plan and lead wellness activities and initiatives throughout the year. Interested students can see Mrs. Craik in E3 for an application.
- The Cove is open throughout the week**, with fun Wellness Wednesday activities during lunch in September and October.

STAY CONNECTED

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A DEEPER DIVE

Explore the additional resources available to LBUSD families below!

- Hazel Health:** offers virtual mental health support for students. *Reach out to your school counselor for more information.*
- CareSolace:** a free, confidential service that connects students and families with mental health providers.
- Laguna Beach Family Resource Center:** a centralized resource hub available to all LBUSD families.

Newsletter categories: Each issue supports key areas including SEL, Academic, and Social-Emotional Domains.