ISSUE #2

AMY COLEMAN MIDDLE SCHOOL

SEPTEMBER 2026

THE COUNSELOR'S CORRAL NEWSLETTER

GUIDING COWBOYS TOWARD SUCCESS

IN THIS ISSUE

Learn about upcoming counseling events, services, SEL learning topics, academic resources, and important reminders designed to support our students and families throughout the school year:

- Important Dates
- September Focus on Kindness: Solving Conflict in Healthy Ways
- How Parents Can Support Student's Academically & Emotionally
- Meet the Counseling Team
- SB 12 Parental Consent



IMPORTANT DATES

- **September 2, 2026 -** CFA Leader Academy Application Deadline (Info posted in Schoology & shared in Principal's Newsletter)
- **September 7, 2026 -** Labor Day Holiday; NO SCHOOL
- **September 8 - October 7, 2026 -** Student Sucess Conferences with Counselors (with identified students)
- **September 25, 2026 -** Professional Learning Day; NO SCHOOL FOR STUDENTS
- **September 30, 2026** - GT Referral Deadline
- **September - October 2026** - District Needs Assessment
- **SEPTEMBER IS NATIONAL SUICIDE PREVENTION & AWARENESS MONTH**

SEPTEMBER FOCUS ON KINDNESS: SOLVING CONFLICT IN HEALTHY WAYS

At ACMS, we believe that kindness, respect, and positive relationships help create a school where everyone feels safe, valued, and supported. Throughout this school year, our Counseling Department will be sharing messages focused on Kindness. This month, we will discuss Solving Conflict in Healthy Ways. Conflict is a normal part of life. Disagreements happen at school, at home, and with friends. However, what matters most is how we respond to those situations. Learning healthy ways to communicate, manage emotions, solve problems, and show empathy are important life skills that help us become successful students, responsible citizens, and effective leaders.

PARTNERING FOR SUCCESS: SUPPORTING YOUR CHILD ACADEMICALLY AND EMOTIONALLY AT HOME



A strong partnership between home and school plays an important role in student success. As we work together to support our students' academic achievement and emotional well-being, here are a few ways families can help at home:

Supporting Academic Success

✅ Establish a consistent homework and study routine.
✅ Encourage your child to read for at least 20 minutes each day.
✅ Check Skyward regularly to monitor grades, attendance, and missing assignments.
✅ Ask your child about what they are learning in class and discuss their academic goals.
✅ Provide a quiet, distraction-free space for studying whenever possible.
✅ Encourage organization by helping your child keep track of assignments, project deadlines, and school materials.

Supporting Emotional Well-Being

❤️ Take time each day to check in with your child and listen without judgment.
❤️ Encourage healthy habits, including adequate sleep, balanced nutrition, and physical activity.
❤️ Help your child develop problem-solving and coping skills by talking through challenges together.
❤️ Celebrate effort, growth, and perseverance, not just grades or outcomes.
❤️ Encourage positive friendships and involvement in school activities.
❤️ Remind your child that it is okay to ask for help when they are feeling overwhelmed, stressed, or anxious.

PARENT INVOLVEMENT IN EDUCATION IS ESSENTIAL TO STUDENT SUCCESS



We Are Here to Help

The ACMS Counseling Department is committed to supporting every student's academic, social-emotional, and personal growth. If your child is experiencing challenges that may affect their success at school, please do not hesitate to reach out to your child's counselor.

Together, we can help our Cowboys thrive both in and out of the classroom!

AMY COLEMAN MIDDLE SCHOOL COUNSELING DEPARTMENT

The Amy Coleman Middle School Counseling Department is dedicated to supporting the academic, social-emotional, and personal development of all students. Our team works collaboratively with students, families, teachers, and administrators to ensure every student has the resources and support needed to succeed.

School counselors provide guidance in areas such as academic planning, goal setting, social-emotional learning, conflict resolution, college and career awareness, and overall student well-being.



MEET OUR DEDICATED TEAM



MRS. WILLIAMS-PIERRE
ALPHA SPLIT: A-B



MRS. HRAR
ALPHA SPLIT: LF-Z



MRS. PARKER
ALPHA SPLIT: C-LEZ



MRS. PRATT
COUNSELOR'S SECRETARY

PARENT ACTION REQUIRED: COMPLETE BACK-TO-SCHOOL FORMS



Dear ACMS Parents/Guardians,

As we begin the school year, please take a moment to complete your student's required Back-to-School Forms. These forms provide important information that helps us support your child's academic, social, and emotional success throughout the year.

Included in the Back-to-School Forms are Mental Health and School Counseling Support Forms. Completing these forms allows families to share information that may help our counseling team better support students and connect them with available resources when needed.

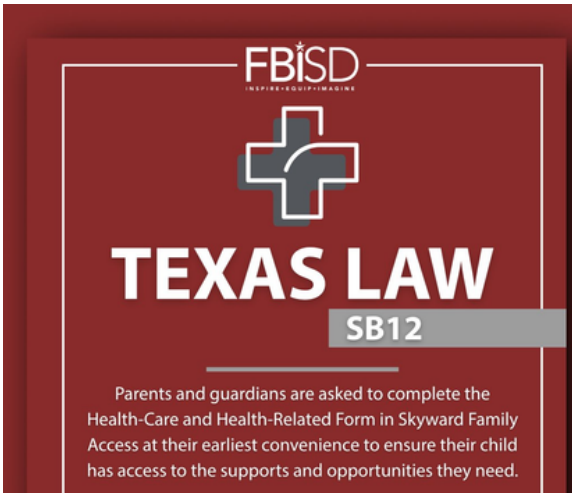
In accordance with Texas Senate Bill 12, parental consent is required for students to participate in certain school-based counseling and mental health support services. Completing these forms ensures that the counseling department has the necessary permissions to provide appropriate support and services when needed. Additionally, Fort Bend ISD's upcoming Student Needs Assessment is included among services that require parent consent. Students whose forms have not been completed may not be eligible to participate in the assessment.

We encourage all families to complete these forms as soon as possible to ensure we have the most accurate and up-to-date information for your student. Completing the forms now will help prevent delays should your child need counseling support during the school year.

Thank you for your partnership and commitment to your child's success. If you have any questions, please contact the ACMS Counseling Department.

~ACMS Counseling Department

IMPORTANT REMINDER: COMPLETE YOUR SB 12 PARENT CONSENT FORMS



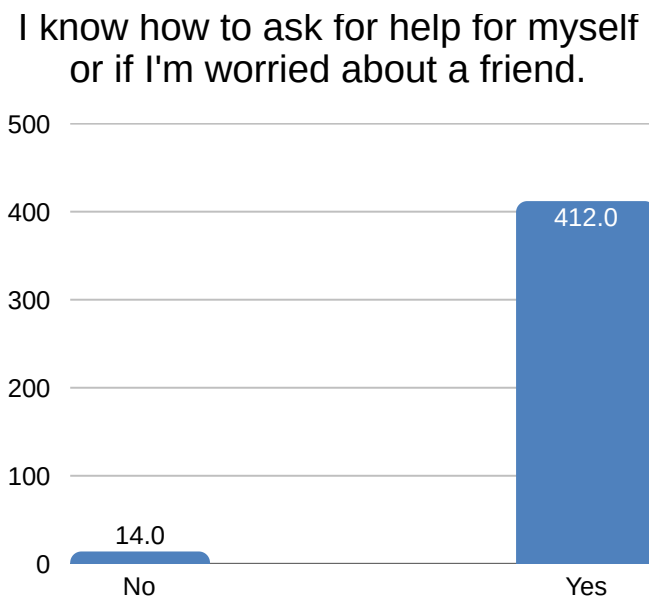


*Forms can be completed online using the following link:
https://www.fortbendisd.gov/departments/skyward-access/skyward-access

September 2, 2026

Dear Parent or Guardian,

If you did not complete the beginning-of-year verification forms, including providing consent for the district's annual student Needs Assessment, please do so as soon as possible. Data gathered from the Needs Assessment provides valuable information that allows counselors to better meet all students' needs. Some examples of the types of questions asked on the Needs Assessment pertain to students' feelings about school and friendships, and to know if they are experiencing stressful situations in which we can help. The campus counselor can only view results, and individual answers are never shared. Occasionally, summary results are shared with the campus and district, as shown below.



For questions regarding the Needs Assessment, parents can contact their student's Alpha Split Counselor:

Mrs. Williams-Pierre (Last Names A-B) • Jessica.Williams@fortbendisd.gov

Mrs. Parker (Last Names C-Lez) • Destiny.Parker@fortbendisd.gov

Mrs. Hrar (Last Names Lf-Z) • Roxanne.Hrar@fortbendisd.gov

To allow your child to participate in the Needs Assessment, opt-in by completing the 2026 FBISD Needs Assessment Consent (Amy Coleman Middle School) – Fill out form by Thursday, Sept 10, 2026, at 4:30 pm.

Thank you for your cooperation!

Sincerely,

The ACMS Counseling Department

💜 SEPTEMBER IS SUICIDE PREVENTION & AWARENESS MONTH



September is Suicide Prevention & Awareness Month. Parents and guardians, we encourage you to talk regularly with your child about their emotions, mental health, and overall well-being. Open and supportive conversations at home can make a meaningful difference.

IF YOU, YOUR CHILD, OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS OR NEEDS IMMEDIATE SUPPORT, THE 988 SUICIDE & CRISIS LIFELINE IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK BY CALLING OR TEXTING 988.

Family and community support play an important role in suicide prevention. We encourage families to explore resources and articles available through the National Alliance on Mental Illness (NAMI) to learn more about recognizing warning signs, supporting youth mental health, and accessing help when needed.



Throughout the month, Fort Bend ISD middle school students will participate in age-appropriate suicide prevention and mental health awareness lessons during Advisory. These lessons are designed to help students build coping skills, identify trusted adults, and understand how to seek help for themselves or others.

Working together, we can help ensure every child feels supported, connected, and valued.

For additional resources, please visit NAMI Mental Health Resources.





ACMS Spirit Shirt





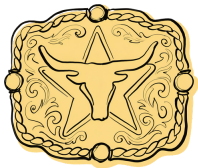
DEADLINE TO PURCHASE: SEPTEMBER 4, 2026

WEBSITE: HTTPS://GOGANDY.COM/ACMS26

SCAN HERE

26-27 ACMS SPIRIT SHIRT







ACMS 8th Grade Career Day



Thursday, November 19, 2026

Career Day provides students with opportunities to:

- Explore career pathways
- Learn from professionals
- Connect classroom learning to future careers
- Develop college and career awareness

We Need Your Help!

We are seeking:

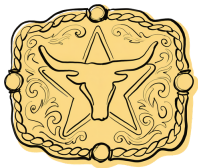
✅ Guest Speakers
✅ Business & Industry Partners
✅ Career Demonstrations
✅ Community Volunteers

Interested in participating?

- 📱 Scan the QR Code to sign up and learn more:











REGULAR DAY

Amy Coleman Middle School Bell Schedule

Ride For The Brand!

RESPECT • RESPONSIBILITY • RELATIONSHIP

PERIOD	A Lunch	PERIOD	B Lunch	PERIOD	C Lunch	PERIOD	D Lunch
1	8:50 – 9:40 (50)	1	8:50 – 9:40 (50)	1	8:50 – 9:40 (50)	1	8:50 – 9:40 (50)
2	9:45 – 10:30 (45)	2	9:45 – 10:30 (45)	2	9:45 – 10:30 (45)	2	9:45 – 10:30 (45)
Lunch	10:35 - 11:05 (30)	3	10:35 - 11:20 (45)	3	10:35 - 11:20 (45)	3	10:35 - 11:20 (45)
3	11:10 - 11:55 (45)	Lunch	11:25 – 11:55 (30)	4	11:25 - 12:00 (35)	4	11:25 - 12:30 (65)
4	12:00 – 1:05 (65)	4	12:00 – 1:05 (65)	Lunch	12:00 – 12:30 (30)		
				4	12:35 - 1:05 (30)	Lunch	12:35 - 1:05 (30)
Advisory	1:10 – 1:40 (30)	Advisory	1:10 – 1:40 (30)	Advisory	1:10 – 1:40 (30)	Advisory	1:10 – 1:40 (30)
5	1:45 – 2:30 (45)	5	1:45 – 2:30 (45)	5	1:45 – 2:30 (45)	5	1:45 – 2:30 (45)
6	2:35 – 3:20 (45)	6	2:35 – 3:20 (45)	6	2:35 – 3:20 (45)	6	2:35 – 3:20 (45)
7	3:25 – 4:10 (45)	7	3:25 – 4:10 (45)	7	3:25 – 4:10 (45)	7	3:25 – 4:10 (45)

Ride For The Brand!

RESPECT • RESPONSIBILITY • RELATIONSHIP

Amy Coleman Middle School Adjusted Advisory Bell Schedule

★ Ride For The Brand! ★

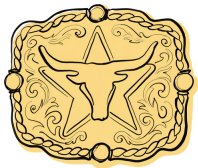
RESPECT • RESPONSIBILITY • RELATIONSHIP

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1	8:50 – 9:35 (45)	1	8:50 – 9:35 (45)	1	8:50 – 9:35 (45)	1	8:50 – 9:35 (45)
2	9:40 – 10:25 (45)	2	9:40 – 10:25 (45)	2	9:40 – 10:25 (45)	2	9:40 – 10:25 (45)
Lunch	10:30 - 11:00 (30)	3	10:30 - 11:15 (45)	3	10:30 - 11:15 (45)	3	10:30 - 11:15 (45)
3	11:00 - 11:45 (45)	Lunch	11:20 – 11:50 (30)	4	11:20 - 11:50 (30)	4	11:20 - 12:20 (60)
4	11:50 – 12:50 (60)	4	11:50 – 12:50 (60)	Lunch	11:50 – 12:20 (30)		
				4	12:20 - 12:50 (30)	Lunch	12:20 - 12:50 (30)
5	12:55 – 1:40 (45)	5	12:55 – 1:40 (45)	5	12:55 – 1:40 (45)	5	12:55 – 1:40 (45)
6	1:45 – 2:30 (45)	6	1:45 – 2:30 (45)	6	1:45 – 2:30 (45)	6	1:45 – 2:30 (45)
7	2:35 – 3:20 (45)	7	2:35 – 3:20 (45)	7	2:35 – 3:20 (45)	7	2:35 – 3:20 (45)
Advisory	3:25 - 4:10 (45)	Advisory	3:25 - 4:10 (45)	Advisory	3:25 - 4:10 (45)	Advisory	3:25 - 4:10 (45)

Ride For The Brand!

RESPECT • RESPONSIBILITY • RELATIONSHIP









SKYWARD FAMILY ACCESS IS THE DISTRICT'S STUDENT INFORMATION SYSTEM AND SERVES AS THE PRIMARY SOURCE FOR STUDENT RECORDS AND INFORMATION.

PARENTS CAN USE SKYWARD TO:

- VIEW GRADES AND ATTENDANCE
- UPDATE CONTACT INFORMATION
- COMPLETE BEGINNING-OF-YEAR FORMS
- ACCESS REPORT CARDS AND ACADEMIC INFORMATION
- MONITOR STUDENT SCHEDULES

✅ TIP: CHECK SKYWARD REGULARLY TO STAY INFORMED ABOUT YOUR CHILD'S ACADEMIC PROGRESS AND SCHOOL COMMUNICATIONS.

LINK: HTTPS://WWW.FORTBENDISD.GOV/DEPARTMENTS/SKYWARD-ACCESS/SKYWARD-ACCESS

SCHOOLOGY IS FORT BEND ISD'S LEARNING MANAGEMENT SYSTEM WHERE TEACHERS POST INSTRUCTIONAL CONTENT AND COMMUNICATE CLASS EXPECTATIONS.

PARENTS AND STUDENTS CAN:

- VIEW CLASS ASSIGNMENTS AND DUE DATES
- MONITOR ASSIGNMENT COMPLETION
- ACCESS COURSE MATERIALS AND RESOURCES
- REVIEW TEACHER UPDATES AND ANNOUNCEMENTS

✅ TIP: REVIEWING SCHOOLOGY WEEKLY CAN HELP FAMILIES STAY ON TOP OF COURSEWORK AND UPCOMING DEADLINES.

LINK: HTTPS://APP.SCHOOLOGY.COM/LOGIN

SCHOOLCAFÉ IS THE DISTRICT'S ONLINE MEAL MANAGEMENT SYSTEM.

PARENTS CAN:

- APPLY FOR FREE AND REDUCED-PRICE MEALS
- VIEW CAFETERIA MENUS
- MONITOR STUDENT MEAL ACCOUNTS
- MAKE ONLINE PAYMENTS
- SET ACCOUNT NOTIFICATIONS

✅ TIP: ENSURE YOUR STUDENT'S MEAL ACCOUNT INFORMATION IS UPDATED BEFORE THE FIRST DAY OF SCHOOL

LINK: HTTPS://WWW.SCHOOLCAFE.COM/FBISD



