

SEPTEMBER 2026

<https://nkms.newkentschools.org/for-students/school-counseling>

NKMS SCHOOL COUNSELING

NEWSLETTER



We want our students to have the confidence and the skills they need to be successful this year.

The start of the school year can be a challenging transition for many of our students as they get accustomed to a new grade level, new courses, and new expectations.

This month's newsletter highlights events and resources that will help students start this school year off strong. NKMS School Counselors are always here to help!

● **ParentGuidance.org Recommended Resource**

This month's recommended ParentGuidance course is **"Understanding Your Child's Emotional Development: 11-14 Years of Age."** Learn more about the transition from elementary to middle school and ways you can help your child academically, socially, and emotionally this year! [Click here](#) to access this free parent resource.

● **September at a Glance**

All Month: National Suicide Prevention Month

Late August - Early September: Introduction to School Counseling Lessons (Continued)

Monday, September 14-25th: Academic Success Skills Lessons



Parent Resource of the Month

Brainfuse HelpNow eLearning

As you review your child's schedule later this month, you may have questions about the courses they have been placed in. New Kent Middle School's Program of Study is a comprehensive resource to help you understand the courses on the schedule they received, our school's drop/add policy, and how your child's schedule can help set them up for success in high school and beyond.

[Click here to access this resource.](#)



Elevate Your Options

Maggie L. Walker Governor's School

Maggie L. Walker Governor's School for Government and International Studies is located in Richmond, VA. Each October, 8th grade students are invited to apply to attend MLWGS for high school. Three students are selected each year. Interested in learning more about their curriculum and activities? Want to read more about the application process? [Click here!](#)



This Month's Classroom Lesson

Academic Success Skills

This month, students in all grade levels will learn more about improving organizational and time management skills, their focus, their study skills, and their self-advocacy skills. Skills covered in each grade level's lesson will vary based on survey results. As a reminder, you can always find all lesson materials in your child's School Counseling Schoology group.

● Contact Your School Counselor

Click on the name of your child's school counselor to get in contact with us about how we can support your child this school year:

- 6th Grade: [Ms. Tori Outhous](#)
- 7th Grade: [Mr. Sean Hodge](#)
- 8th Grade: [Mrs. Elizabeth Malone](#)