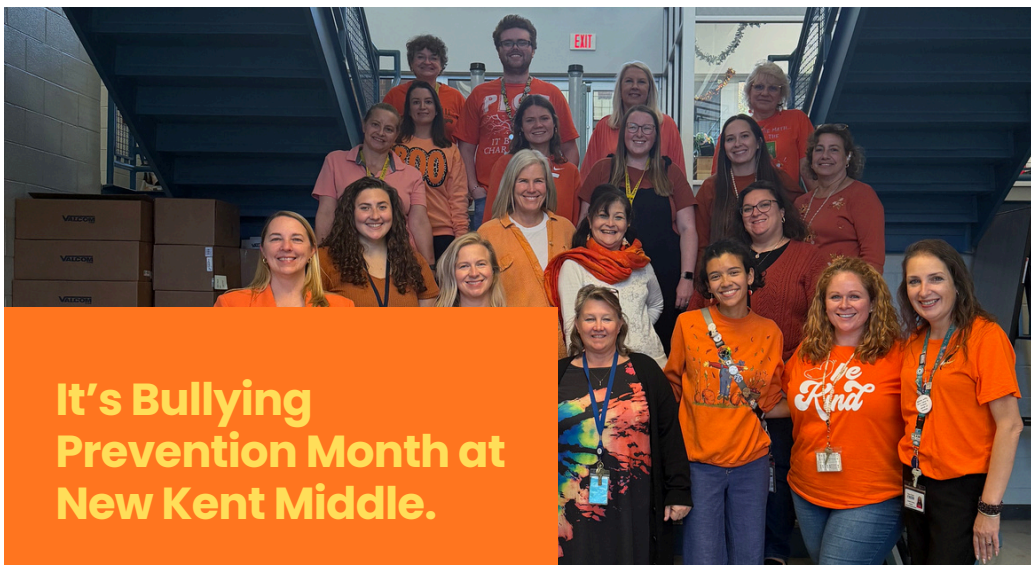


NKMS SCHOOL COUNSELING

NEWSLETTER



It's Bullying Prevention Month at New Kent Middle.

This Bullying Prevention Month, New Kent Middle School is taking time to recognize the harmful effects of bullying on middle school students, identify the root causes of bullying behaviors in middle school, and teach students how to make our school a kinder and more inclusive place for all students.

This month also marks the beginning of the application window for Maggie L. Walker Governor's School. Interested 8th grade students and families are invited to collaborate with Mrs. Malone and Mrs. Collins throughout the application process.

● October at a Glance

All Month: Maggie L. Walker Governor's School Application Window (8th Grade), Safe Media & Technology Use Lessons, Bullying Prevention Lessons

Tuesday, October 13th - Friday, October 16th: 8th Grade Career Exploration Lessons

Wednesday, October 21st: Unity Day (Wear Orange!)

Thursday, October 22nd: Mission Tomorrow Field Trip (8th Grade)S

Save the Date (Nov. 5th): Elevate Your Options

● ParentGuidance.org Recommended Resource

This month's recommended course is "**Connect With Your Child By Parenting With Purpose.**" Healthy relationship skills start at home for middle school students. Learn more about how to effectively connect with your child and how to help your child effectively connect with others during one of the most relationally challenging stages of their lives. [Click here](#) for access.



Parent Resource of the Month

ParentGuidance.org's Ask a Therapist

If you are noticing concerns with your child's mental health and wellbeing, we invite you to take advantage of ParentGuidance.org's free "Ask a Therapist" service. Through New Kent County Public School's partnership, parents have access to expertise on a variety of mental health concerns and behavioral concerns.

[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!](#) All applications must be submitted on the MLWGS website.



This Month's Classroom Lesson

Bullying Prevention

In recognition of Bullying Prevention Month, all students will participate in bullying prevention lessons with their school counselor. We will focus on how to recognize bullying, how to respond to bullying, and how students can contribute to a bullying free school environment. 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](#)