

Counseling CORNER

Counseling Vision

The Middle School Counseling Department envisions a safe, inclusive environment where all students grow academically, socially, and emotionally, becoming confident, compassionate, and responsible individuals.

Coming Soon

Counselor Dashboard - a central HUB of resources, videos & helpful info from our team

<https://jbmartin.wearescpps.org/for-families/counseling>

Fall is officially here, and October is packed with important national observances, school activities, and opportunities for growth. This month, our primary focus is on National Bullying Prevention Month and Red Ribbon Week. Below, you'll find details on upcoming school events as well as practical guidance on starting crucial conversations with your children at home.

National Bullying Prevention Month

How to Talk to Your
Kids About Bullying

October 5

Orange Out Bullying -
Students can wear
orange shirts with
uniform bottoms.

October is dedicated to raising awareness about the prevention of bullying and promoting kindness, acceptance, and inclusion.

- **Define It Clearly:** Help your child understand what bullying is (repeated, intentional, unbalanced power dynamic) vs. peer conflict or mean behavior.
- **Encourage Upstander Behavior:** Teach your child that if they see someone being mistreated, they don't have to face it alone. They can support the victim, report it to a trusted adult, or refuse to participate in the behavior.
- **Ask Open-Ended Questions:** Instead of asking "Did anything bad happen today?", try asking:
 - "Who did you sit with at lunch today?"
 - "Is there anyone at school who seems lonely or left out?"
 - "How do kids treat each other in the hallways or online?"
- **Listen Without Immediate Judgment:** If your child opens up about being bullied or witnessing bullying, remain calm, validate their feelings, and reassure them that asking for help was the right step.

Red Ribbon Week

Talking to Your Child
About Drugs, Alcohol,
and Vaping

October 26-30

Dress Down Day
Themes on the
Following Page

Conversations about substance use don't need to be one formal "interrogation." Frequent, informal check-ins yield the best results.

Vaping & E-Cigarettes

- **Clear the Misconceptions:** Many young people believe vaping is harmless water vapor. Discuss the reality: most e-cigarettes contain high levels of nicotine, which alters brain development, impairs attention/learning, and creates rapid addiction.
- **Address Peer Pressure:** Equip them with simple, firm response strategies like: "No thanks, I'm trying to stay in shape for track" or "I'm not into that."

Alcohol & Mind-Altering Substances

- **Set Clear Expectations:** State your family rules clearly regarding alcohol and drug use. Children are significantly less likely to engage in risk behaviors when they know their parents hold firm expectations.
- **Discuss Real Consequences:** Talk about brain development, safety risks, legal consequences, and how substance use impacts athletic performance, grades, and personal goals.
- **Establish an "Exit Strategy":** Ensure your child knows they can call or text you for a ride anytime they feel unsafe or pressured in a social situation, no questions asked in the moment.

ORANGE OUT



Help us kick off Bullying Prevention Month on the right note! **The Passion First Mindset** reminds us that our greatest power comes from using our unique strengths to serve others and build a positive community. On **October 5th**, wear an orange shirt with your uniform bottoms to show your support for hope, kindness, and solidarity. Let's bring our best energy to school and show that together, we make a difference!

**MAKE A DIFFERENCE.
BE A HERO.
BE DRUG FREE.**

**RED RIBBON WEEK
OCTOBER 26-30, 2026**

Monday 10/26
Red-y to be a Hero

Wear a red shirt with uniform bottoms.

Tuesday 10/27
Everyday Heroes Make a Difference

Dress up as your hero or your future career

Wednesday 10/28
Superheroes United

Wear a superhero shirt with uniform bottoms

Thursday 10/29
Team Up to Make a Difference

Wear your favorite team gear or twin with a friend.

Friday 10/30
Say Boo to Drugs

Wear a Halloween, orange, or black shirt with jeans or joggers.

ALL CLOTHING MUST BE SCHOOL APPROPRIATE.