NOVEMBER 2026 https://nkms.newkentschools.org/for-students/school-counseling

NKMS SCHOOL COUNSELING

NEWSLETTER



The skills your child is learning now is setting them up for their future.

This year, we've spent many hours helping our students improve the skills they need to be successful in their classes - time management, organization, study skills, and more. This month, we take a moment to consider how those skills will translate in high school and beyond. It's never too early for our students to start planning for their futures.

Ask your student to show you their progress in Xello, our college and career planning platform, this month. All students will be participating in lessons that push them to dream big and work towards the future they want for theirselves.

November at a Glance

Monday, November 2nd - Friday, November 13th: College and Career Planning Lessons (6th and 7th Grades)
Thursday, November 5th: Elevate Your Options
Monday, November 9th - Friday, November 13th: Academic and Career Plan Development (8th Grade)
Friday, November 13th: All 8th Grade Students' Academic and Career Plans Available in Xello
Monday, November 23rd - Friday, November 27th: Schools Closed
Friday, December 4th: Deadline for Maggie Walker Governor's School Applications (8th Grade)

ParentGuidance.org Recommended Resource

This month's recommended course is "**How To Recognize Perfectionism in Teens and Help Them Redirect."** This course dives in to the daily pressures that teens face and how parents can help shift their child's thinking from self criticism to self compassion. Click here to access these materials.



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Parent Resource of the Month

Child Mind Institute's Family Resource Center

The Child Mind Institute, a nonprofit organization focused on improving students' mental health, has developed a Family Resource Center to help families navigate common diagnoses such as ADHD, Autism Spectrum Disorder, Anxiety, Depression, and more. It also provides resources for trauma, grief, behavior, and executive functioning. Learn more about your child's brain and how the adults in their lives can best support them.

Click here to access this resource.

Elevate Your Options

Early College Academy

The Early College Academy is an opportunity for high school students to take dual-enrollment courses to earn their Associates Degree concurrently with their high school diploma. ECA provides academically competitive students with the opportunity to earn 61 college credits in partnership with Rappahannock Community College. Learn more here.



This Month's Classroom Lesson

College and Career Planning

In 6th grade, students will begin their research by taking short assessments that match them with potential future careers. In 7th grade, students will continue their research by exploring their career matches and learning about important skills for the workforce. 8th grade students will be developing their Academic and Career Plans.

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