November

Counseling Monthly Newsletter



Join our upcoming Parent Webinar!

On December 2nd at 5:30pm, we will host our next parent webinar, "Behavior is Communication". We'll discuss:

- common middle school behaviors
- when are behaviors a red flag?
- how to intervene with certain behaviors
- what proactive practices can you begin in order to maintain strong connections with your student?

Look for the Google Meet link via parentsquare after Thanksgiving.

Practicing Gratitude

November is a great time to focus on gratitude and positive mental health.

Try this family activity: At dinner or before bed, have each family member share:

- One thing they are grateful for
- One person they appreciate
- One goal they have for the upcoming week

Important Reminders

Intra-District Transfer Application Due

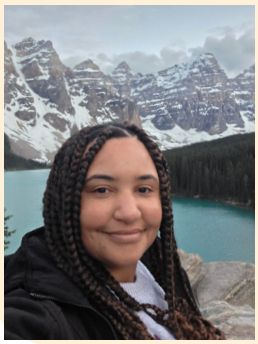
If your student is not assigned the High school you would like them to attend, the Intra-District Transfer application is DUE Nov. 10, 2026. Applications for a differnt school request for next year can be found at https://www.mdusd.org/families/enrollmentservices/transfers/intradistrict

Meet the Counselor



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Meet the Counselor



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